

FRANKLAND CS HOT LUNCH MENU - SEPTEMBER - DECEMBER 2024



PASTA & CHICKEN TUESDAYS		MIXED THURSDAYS	
SEPTEMBER.		10	
Fusilli with vegetarian sauce, and cheesy garlic bread		All Day breakfast - pancakes, chicken sausage, fruit	12
	17		19
Chicken schnitzel with rice, pita and applesauce		Beef Burgers, green salad	
	24		26
Penne with veggie tomato sauce, cheesy garlic bread		Rice bowl - rice, beef, shredded lettuce, cheese & salsa	
OCTOBER .		1	
All Day breakfast - pancakes, chicken sausage, fruit		Cheese quesadillas with tortilla chips and salsa	3
	8		10
Popcorn chicken with potatoes and green salad		Baked macaroni and cheese with pita and veggies	
	15		17
Fusilli with ground chicken / tomato sauce, Caesar salad		All Day breakfast - pancakes, chicken sausage, fruit	
	22		25
Penne with meat / tomato sauce, french loaf		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
	29		31
NEW! Chicken Snack Wrap - chicken, lettuce, cheese, tortilla		Breaded chicken burgers, green salad, corn and carrots	
NOVEMBER .		5	
Fusilli with vegetarian sauce, and cheesy garlic bread		Beef Burgers & Caesar salad	7
	12		14
Popcorn chicken with potatoes and salad		Meatballs in tomato sauce with rice & green salad	
	19		21
Chicken hot dogs with chips and veggies		All Day breakfast - pancakes, chicken sausage, fruit	
	26		28
Rigatoni with vegetarian sauce, and green salad, french loaf		Cheese quesadillas with tortilla chips and salsa	
DECEMBER .		3	
Baked white meat Chicken fingers with potatoes, and salad		Beef Burgers & Caesar salad	5
	10		12
Penne with meat / tomato sauce, Caesar salad		Honey garlic meatballs with cauliflower rice, green salad	
	17		19
Fusilli with vegetarian sauce, and french loaf		Breaded chicken burgers, green salad, corn and carrots	

**ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.
 INCLUDED DAILY FRUIT - ONE OF: APPLES, BANANAS, CANTALOUPE, ORANGES, GRAPES
 INCLUDED DAILY RAW VEGETABLE - ONE OF: MINI CARROTS, CUCUMBER, CELERY**

Menus and ONLINE ORDERING at www.thelunchmom.com. Please email (tricia@thelunchmom.com) anytime.