FRANKLAND PS HOT LUNCH MENU - September - December, 2023

PASTA & CHICKEN TUESDAYS	MIXED THURSDAYS
SEPTEMBER 12	**14**
Penne with meat / tomato sauce, french loaf	Breaded chicken burgers green salad, corn and carrots
19	**21**
All Day breakfast - pancakes, chicken sausage, fruit salad	Baked white meat Chicken fingers with potatoes
27	**29**
Fusilli with meatballs/tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
OCTOBER 3	**5**
Rotini with vegetarian sauce, and cheesy garlic bread	Beef Burgers, Caesar salad and potatoes
10	**12**
Penne with ground chicken/ tomato sauce, french loaf	Chicken nuggets with potatoes and mixed veggies
17	**19**
Breaded chicken burgers, carrots & green salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
24	**26**
Rigatoni with vegetarian sauce, and cheesy garlic bread	Fish sticks with pita, corn niblets and Caesar salad
31	**NOVEMBER 2**
Penne with meat / tomato sauce, french loaf	Meatball subs with cheese and cubed potatoes
7	**9**
Baked white meat Chicken fingers with potatoes, and salad	All Day breakfast - pancakes, chicken sausage, hash browns
14	**16**
Fusilli with meatballs/tomato sauce, french loaf	Beef Burgers, potatoes and Caesar salad
21	**23**
Penne with meat / tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
28	**30**
All Day breakfast - pancakes, chicken sausage, fruit salad	Honey garlic meatballs with cauliflower rice, green salad
DECEMBER 5	**7**
Chicken hot dogs with potatoes and veggies	Chicken nuggets with rice and corn
12	**14**
Fusilli with meatballs/tomato sauce, french loaf	Beef Burgers, veggies and chips
19	**21**
Baked white meat Chicken fingers with potatoes, and salad	All Day breakfast - pancakes, chicken sausage, fruit salad

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.