

FRANKLAND HOT LUNCH MENU - JANUARY - MARCH 2026



PASTA & CHICKEN TUESDAYS	MIXED THURSDAYS
JANUARY 6	8
Baked white meat Chicken fingers with potatoes	All Day breakfast - pancakes, chicken sausage, fruit
13	15
Rotini with meat / tomato sauce, french loaf	Beef Burgers, green salad
20	22
Chicken schnitzel with rice, pita and applesauce	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
27	29
NEW! Baked macaroni and cheese with pita and veggies	Cheese quesadillas with tortilla chips and salsa
FEBRUARY 3	5
All Day breakfast - pancakes, chicken sausage, fruit	Meatball subs with cheese and Caesar salad
10	12
Popcorn chicken with potatoes and green salad	Breaded chicken burgers with Caesar salad
17	19
Fusilli with ground chicken / tomato sauce, Caesar salad	Honey garlic meatballs with cauliflower rice, green salad
24	26
Baked white meat Chicken fingers with potatoes, and salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
MARCH 3	5
Penne with meat / tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
10	12
Breaded chicken burgers, chips and salad	Meatballs in tomato sauce with rice
17	19
MARCH BREAK	MARCH BREAK
24	26
NEW! Cheese tortellini / tomato sauce, french loaf	Popcorn chicken with potatoes and green salad
31	APRIL 2
All Day breakfast - pancakes, chicken sausage, fruit	Beef Burgers, green salad

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

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