

HUMWOOD HOT LUNCH MENU - JAN - MARCH 2026



CHICKEN MONDAYS	PASTA TUESDAYS	MIXED THURSDAYS	FUN FRIDAYS
JANUARY 5	6	8	9
Baked white meat Chicken fingers with potatoes	Fusilli with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit	Meatball subs with cheese and Caesar salad
12	13	15	16
Chicken hot dogs with potatoes and veggies	Rotini with meat / tomato sauce, french loaf	Fish sticks with rice, corn niblets	PD DAY
19	20	22	23
Chicken schnitzel with rice, pita and applesauce	Penne with veggie tomato sauce, cheesy garlic bread	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Popcorn chicken with chips and salad
26	27	29	30
Chicken noodle soup with a roll and veggies	Baked macaroni and cheese with pita and veggies	Cheese quesadillas with tortilla chips and salsa	Beef Burgers & Caesar salad
FEBRUARY 2	3	5	6
All Day breakfast - pancakes, chicken sausage, fruit	Fusilli with veggie/tomato sauce & french loaf	Meatball subs with cheese and Caesar salad	Baked white meat Chicken fingers with potatoes
9	10	12	13
Popcorn chicken with potatoes and green salad	Penne with meatballs / tomato sauce, french loaf	Breaded chicken burgers with Caesar salad	PD DAY
16	17	19	20
FAMILY DAY	Fusilli with ground chicken / tomato sauce, Caesar salad	Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	Chicken hot dogs with chips and veggies
23	24	26	27
Baked white meat Chicken fingers with potatoes, and salad	Penne with meat sauce, and cheesy garlic bread	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Breaded chicken burgers, chips and salad
MARCH 2	3	5	6
Chicken noodle soup with pita and veggies	Rotini with veg/tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	All Day breakfast - pancakes, chicken sausage, fruit
9	10	12	13
Breaded chicken burgers and salad	Fusilli with vegetarian sauce, and french loaf	Meatballs in tomato sauce with rice	Popcorn chicken with chips and salad
16	17	19	20
MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK
23	24	26	27
Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	NEW! Cheese tortellini / tomato sauce, french loaf	Popcorn chicken with potatoes and green salad	Meatball subs with cheese and Caesar salad
30	31	2	3
All Day breakfast - pancakes, chicken sausage, fruit	Penne with meat / tomato sauce, french loaf	Fish sticks with rice, corn niblets	GOOD FRIDAY NO SCHOOL

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.