

JICS HOT LUNCH MENU -SEPTEMBER & OCTOBER 2025



PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
SEPTEMBER 8	9	10	11	12
Fusilli with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes	All Day breakfast - pancakes, chicken sausage, fruit	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Meatball subs with cheese and Caesar salad
15	16	17	18	19
Rotini with meat / tomato sauce, french loaf	Chicken hot dogs with potatoes and veggies	Fish sticks with potatoes, corn niblets	Beef Burgers & Caesar salad	Popcorn chicken with chips and salad
22	23	24	25	26
Penne with veggie tomato sauce, cheesy garlic bread	Chicken schnitzel with rice, pita and applesauce	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Sloppy Joe's with a bun, cheese and salad	Baked white meat Chicken fingers with potatoes, and salad
29	30	OCTOBER 1	2	
Lasagna with french loaf & Caesar salad	Chicken noodle soup with pita and veggies	Cheese quesadillas with tortilla chips and salsa	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Breaded chicken burgers, chips and salad
6	7	8	9	10
Fusilli with veggie/tomato sauce & french loaf	All Day breakfast - pancakes, chicken sausage, fruit	Baked macaroni and cheese with pita and veggies	Honey garlic meatballs with cauliflower rice, green salad	Pizza Pockets (cheese) with green salad
13	14	15	16	17
THANKSGIVING NO SCHOOL	Fusilli with ground chicken / tomato sauce, Caesar salad	Beef Burgers, green salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Baked white meat Chicken fingers with potatoes
20	21	22	23	24
Penne with meat / tomato sauce, french loaf	Popcorn chicken with potatoes and green salad	NEW! Salad bar - lettuce, tomatoes, cheese, chickpeas, quinoa, tuna salad, roll	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Chicken hot dogs with chips and veggies
27	28	29	30	31
Fusilli with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes, and salad	Breaded chicken burgers, green salad, corn and carrots	NEW! Beef Alphabet Soup soup with pita and veggies	All Day breakfast - pancakes, chicken sausage, fruit

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.