

JICS HOT LUNCH MENU - APRIL - JUNE 2025



PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
31	APRIL 1	2	3	4
Fusilli with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes	All Day breakfast - pancakes, chicken sausage, fruit	Meatballs in tomato sauce with rice & green salad	Breaded chicken burgers, carrots & green salad
7	8	9	10	11
Rotini with meat / tomato sauce, french loaf	Popcorn chicken with potatoes and salad	Beef Burgers, green salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Meatball subs with cheese and Caesar salad
14	15	16	17	18
Rotini with meatballs/tomato sauce & Caesar salad	Chicken schnitzel with pita and applesauce	Fish sticks with rice, corn niblets	PARENT TEACHER DAY NO SCHOOL	GOOD FRIDAY NO SCHOOL
21	22	23	24	25
EASTER MONDAY NO SCHOOL	Rigatoni with ground chicken tomato sauce, and Caesar salad	All Day breakfast - pancakes, chicken sausage, fruit	Beef Burgers & green salad	Popcorn chicken with potatoes
28	29	30	MAY 1	2
Penne with veggie tomato sauce, french loaf	Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	Chicken fingers with potatoes and corn/carrots	Meatball subs with cheese and shredded lettuce	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
5	6	7	8	9
Fusilli with vegetarian sauce, and cheesy garlic bread	Breaded chicken burgers, and green salad	NEW! Salad bar - lettuce, tomatoes, cheese, chickpeas, quinoa, tuna salad, roll	Meatballs in tomato sauce with rice & green salad	Baked white meat Chicken fingers with potatoes, and salad
12	13	14	15	16
Lasagna with french loaf & green salad	All Day breakfast - pancakes, chicken sausage, fruit	Cheese quesadillas with tortilla chips and salsa	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	U OF T PRESIDENT DAY NO SCHOOL
19	20	21	22	23
VICTORIA DAY NO SCHOOL	Fusilli with ground chicken / tomato sauce, Caesar salad	Popcorn chicken with potatoes and salad	Sloppy Joe's with a bun, cheese and salad	All Day breakfast - pancakes, chicken sausage, fruit
26	27	28	29	30
Fusilli with vegetarian sauce, and cheesy garlic bread	Chicken schnitzel with pita and applesauce	Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	Mild bbq meatballs with cauliflower rice, green salad	Beef Burgers, green salad
JUNE 2	3	4	5	6
Rotini with meatballs/tomato sauce & Caesar salad	Chicken hot dogs with chips and veggies	All Day breakfast - pancakes, chicken sausage, fruit	Rice bowl - rice, beef, shredded lettuce, cheese, chips & salsa	Popcorn chicken with potatoes and salad
9	10	11	12	13
Rotini with meat / tomato sauce, french loaf	Chicken noodle and vegetable soup with a roll	Fish sticks with rice, corn niblets	Beef Burgers & Caesar salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips

**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.