## CLAREMONT HOT LUNCH MENU - September 20 - December 23, 2022

<b>PASTA &amp; CHICKEN TUESDAYS</b>		MIXED THURSDAYS	
SEPTEMBER	20		22
Breaded chicken burgers on whole wheat rolls & green salad		All Day breakfast - pancakes, chicken sausage, hash browns	
	27		29
Fusilli with meatballs/tomato sauce, french loaf		Burgers on whole wheat buns and cubed potatoes	
OCTOBER	4		6
Penne with meat sauce and french loaf		Fish sticks with corn niblets and Caesar salad	
	11		13
Fusilli with veggie tomato sauce, french loaf & salad		Chicken nuggets with carrots and cucumbers and dip	
	18		20
Baked white meat Chicken fingers with rice and mixed veggie	s	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
	25		27
Penne with meat sauce and french loaf		Burgers on whole wheat buns and veggies & dip	
NOVEMBER	1		3
Rigatoni with vegetarian sauce, and cheesy garlic bread		Honey garlic meatballs with cauliflower rice, green salad	
	8		10
Baked white meat Chicken fingers with potatoes, and salad		Meatball subs with cheese and cubed potatoes	
	15		17
Penne with meat sauce and french loaf		Fish sticks with potatoes, carrots & corn niblets	
	22		24
Rigatoni with vegetarian sauce, and cheesy garlic bread		Cheese quesadillas with tortilla chips and salsa	
	29	DECEMBER	1
All Day breakfast - pancakes, chicken sausage, hash browns	;	Breaded chicken burgers on whole wheat rolls & green salad	
	6		8
Baked white meat Chicken fingers with rice and mixed veggie	s	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
	13		15
Penne with meat sauce and french loaf		Honey garlic meatballs with cauliflower rice, green salad	
	20		22
Rigatoni with vegetable rosé sauce, garlic bread & green sala	d	Burgers on whole wheat buns and veggies & dip	

## 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 <u>www.thelunchmom.com</u>. Please email (<u>tricia@thelunchmom.com</u>) anytime.

