

FRANKLAND PS HOT LUNCH MENU - October 11 - December 20, 2022



	TUESDAY LUNCHES
Oct 11	Fusilli with veggie tomato sauce, french loaf & salad
Oct 18	Baked white meat Chicken fingers with rice and mixed veggies
Oct 25	Penne with meat sauce and french loaf
Nov 1	Beef burgers with veggies & chips
Nov 8	Baked white meat Chicken fingers with potatoes, and salad
Nov 15	Breaded chicken burgers on whole wheat rolls & chips
Nov 22	Chicken nuggets with rice and carrots
Nov 29	All Day breakfast - pancakes, chicken sausage, hash browns
Dec 6	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
Dec 13	Honey garlic meatballs with cauliflower rice, green salad
Dec 20	Fusilli with vegetable rosé sauce, garlic bread & green salad

**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.