

HUMWOOD HOT LUNCH MENU -SEPTEMBER & OCTOBER 2025



| CHICKEN MONDAYS | PASTA TUESDAYS | MIXED THURSDAYS | FUN FRIDAYS |
|---|--|---|--|
| SEPTEMBER 8 | 9 | 11 | 12 |
| 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 |
| 15 | 16 | 18 | 19 |
| Chicken hot dogs with potatoes and veggies | Rotini with meat / tomato sauce, french loaf | Beef Burgers & Caesar salad | Popcorn chicken with chips and salad |
| 22 | 23 | 25 | 26 |
| Chicken schnitzel with rice, pita and applesauce | Penne with veggie tomato sauce, cheesy garlic bread | Sloppy Joe's with a bun, cheese and salad | PD DAY |
| 29 | 30 | 2 | 3 |
| Chicken noodle soup with pita and veggies | Lasagna with french loaf & Caesar salad | Cheese quesadillas with tortilla chips and salsa | Breaded chicken burgers, chips and salad |
| 6 | 7 | 9 | 10 |
| All Day breakfast - pancakes, chicken sausage, fruit | Fusilli with veggie/tomato sauce & french loaf | Honey garlic meatballs with cauliflower rice, green salad | PD DAY |
| 13 | 14 | 16 | 17 |
| THANKSGIVING DAY - NO SCHOOL | Fusilli with ground chicken / tomato sauce, Caesar salad | Beef Burgers, green salad | Baked white meat Chicken fingers with potatoes |
| 20 | 21 | 23 | 24 |
| Popcorn chicken with potatoes and green salad | Penne with meat / tomato sauce, french loaf | Rice bowl - rice, beef, shredded lettuce, cheese & salsa | Chicken hot dogs with chips and veggies |
| 27 | 28 | 30 | 31 |
| Baked white meat Chicken fingers with potatoes, and salad | Fusilli with vegetarian sauce, and cheesy garlic bread | Breaded chicken burgers, green salad, corn and carrots | 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.