

WEST PREP HOT LUNCH MENU -JANUARY - MARCH 2026



PASTA & CHICKEN MONDAYS		FUN FRIDAYS	
JANUARY		5	
Baked white meat Chicken fingers with potatoes		Meatball subs with cheese and Caesar salad	
		12	
Rotini with meat / tomato sauce, french loaf		PD DAY	
		19	
Chicken schnitzel with rice, pita and applesauce		Popcorn chicken with chips and salad	
		26	
Baked macaroni and cheese with pita and veggies		Beef Burgers & Caesar salad	
FEBRUARY		2	
All Day breakfast - pancakes, chicken sausage, fruit		Baked white meat Chicken fingers with potatoes	
		9	
Penne with meatballs / tomato sauce, french loaf		PD DAY	
		16	
FAMILY DAY		Honey garlic meatballs with cauliflower rice, green salad	
		23	
Baked white meat Chicken fingers with potatoes, and salad		Breaded chicken burgers, chips and salad	
MARCH		2	
Penne with meat / tomato sauce, french loaf		All Day breakfast - pancakes, chicken sausage, fruit	
		9	
Breaded chicken burgers, chips and salad		Popcorn chicken with chips and salad	
		16	
MARCH BREAK		MARCH BREAK	
		23	
NEW! Cheese tortellini / tomato sauce, french loaf		Rice bowl - rice, beef, shredded lettuce, cheese & salsa	
		30	
All Day breakfast - pancakes, chicken sausage, fruit		GOOD FRIDAY NO SCHOOL	

ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.
INCLUDED DAILY FRUIT - ONE OF: APPLES, BANANAS, CANTALOUPE, ORANGES, HONEYDEW
INCLUDED DAILY RAW VEGETABLE - ONE OF: MINI CARROTS, CUCUMBER, CELERY
 Menus and ONLINE ORDERING at www.thelunchmom.com. Please email (tricia@thelunchmom.com) anytime.