

HODGSON PS HOT LUNCH MENU - September 11 - October 27, 2023



CHICKEN MONDAYS	MOSTLY PASTA TUESDAYS	BEEFY WEDNESDAYS	MIXED THURSDAYS	FUN FRIDAYS
SEPTEMBER 11	12	13	14	15
Chicken nuggets with potatoes and Caesar salad	Penne with meat / tomato sauce, french loaf	Meatballs in tomato sauce with rice	Breaded chicken burgers, green salad, corn and carrots	Cheese quesadillas with tortilla chips and salsa
18	19	20	21	22
All Day breakfast - pancakes, chicken sausage, fruit salad	Rotini with vegetarian sauce, and cheesy garlic bread	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Baked white meat Chicken fingers with potatoes	Beef Burgers, veggies and chips
25	26	27	28	29
Breaded chicken burgers, rice & corn	Fusilli with meatballs/tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Fish sticks with potatoes, Caesar salad	Baked macaroni and cheese with pita and veggies
OCTOBER 2	3	4	5	6
Baked white meat Chicken fingers with potatoes and corn	Rotini with vegetarian sauce, and cheesy garlic bread	Beef Burgers, Caesar salad and potatoes	Veggie Spring Rolls with fried rice & whole wheat pita	PD DAY
9	10	11	12	13
HAPPY THANKSGIVING! NO SCHOOL	Penne with ground chicken/ tomato sauce, french loaf	Honey garlic meatballs with cauliflower rice, green salad	Chicken nuggets with potatoes and mixed veggies	All Day breakfast - pancakes, chicken sausage, fruit salad
16	17	18	19	20
Breaded chicken burgers, carrots & green salad	Vegetarian lasagna with Caesar salad & french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Baked macaroni and cheese with pita and veggies	Chicken hot dogs with potatoes and veggies
23	24	25	26	27
Baked white meat Chicken fingers with potatoes and corn	Rigatoni with vegetarian sauce, and cheesy garlic bread	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Fish sticks with rice, corn niblets and Caesar salad	Beef Burgers, veggies and 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.