

JICS HOT LUNCH MENU -NOVEMBER & DECEMBER 2025



PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
NOVEMBER 3	4	5	6	7
Penne with meat / tomato sauce, french loaf	Chicken schnitzel with rice, pita and applesauce	Cheese quesadillas with tortilla chips and salsa	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	PD DAY
10	11	12	13	14
PD DAY	Chicken noodle soup with pita and veggies	Meatballs in tomato sauce with rice & green salad	Beef Burgers & Caesar salad	Baked white meat Chicken fingers with potatoes, and salad
17	18	19	20	21
Rigatoni with vegetarian sauce, and cheesy garlic bread	Breaded chicken burgers, green salad, corn and carrots	Popcorn chicken with potatoes and salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Cheese quesadillas with tortilla chips and salsa
24	25	26	27	28
Fusilli with vegetarian sauce, and french loaf	All Day breakfast - pancakes, chicken sausage, fruit	Baked white meat Chicken fingers with potatoes, and salad	Meatballs in tomato sauce with rice & green salad	Breaded chicken burgers with Caesar salad
DECEMBER 1	2	3	4	5
Penne with meat / tomato sauce, french loaf	Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	Fish sticks with rice, corn niblets	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Chicken nuggets with chips and veggies/dip
8	9	10	11	12
Baked macaroni and cheese with pita and veggies	Chicken noodle soup with pita and veggies	Breaded chicken burgers, carrots & green salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Baked white meat Chicken fingers with potatoes
15	16	17	18	19
Rotini with veggie /tomato sauce, french loaf	Popcorn chicken with potatoes and salad	All Day breakfast - pancakes, chicken sausage, fruit	Meatballs in tomato sauce with rice & green salad	Beef Burgers & Caesar 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.