

WEST PREP HOT LUNCH MENU - SEPTEMBER - DECEMBER 2024



PASTA & CHICKEN MONDAYS		FUN FRIDAYS	
SEPTEMBER		23	
Penne with veggie tomato sauce, cheesy garlic bread		PD DAY	
30		4	
All Day breakfast - pancakes, chicken sausage, fruit		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
7		11	
Popcorn chicken with potatoes and green salad		PD DAY	
14		18	
THANKSGIVING - NO SCHOOL		Baked white meat Chicken fingers with potatoes, and salad	
21		25	
Penne with meat / tomato sauce, french loaf		Chicken hot dogs with chips and veggies	
28		NOVEMBER	
NEW! Chicken Snack Wrap - chicken, lettuce, cheese, tortilla		Rice bowl - rice, beef, shredded lettuce, cheese, chips & salsa	
4		8	
Fusilli with vegetarian sauce, and cheesy garlic bread		Cheese quesadillas with tortilla chips and salsa	
11		15	
Popcorn chicken with potatoes and salad		PD DAY	
18		22	
Chicken hot dogs with chips and veggies		Beef Burgers & green salad	
25		29	
Rigatoni with vegetarian sauce, and green salad, french loaf		PD DAY	
DECEMBER		2	
Baked white meat Chicken fingers with potatoes, and salad		All Day breakfast - pancakes, chicken sausage, fruit	
9		13	
Penne with meat / tomato sauce, Caesar salad		Chicken hot dogs with chips and veggies	
16		20	
Fusilli with vegetarian sauce, and french loaf		Chicken nuggets with chips and veggies/dip	

**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.