

WEST PREP FALL HOT LUNCH MENU - SEPT - DEC 2026

PASTA & CHICKEN MONDAYS	FUN FRIDAYS
SEPT 14	Sept 18
Rotini with meat / tomato sauce, french loaf	Beef Burgers & Caesar salad
Sept 21	Sept 25
Baked white meat Chicken fingers with chips, and veggies	Chicken hot dogs with potatoes and veggies
Sept 28	Oct 2
Penne with meat / tomato sauce, french loaf	Baked white meat Chicken fingers with potatoes, and salad
Oct 5	Oct 9
All Day breakfast - pancakes, chicken sausage, fruit	Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips
Oct 12	Oct 6
THANKSGIVING - NO SCHOOL	Popcorn chicken with chips and salad
Oct 19	Oct 23
Fusilli with veggie/tomato sauce & french loaf	All Day breakfast - pancakes, chicken sausage, fruit
Oct 26	Oct 30
Breaded chicken burgers and salad	Chicken Snack Wrap - chicken, lettuce, cheese, tortilla
NOV 2	Nov 6
Rotini with veg/tomato sauce, french loaf	Chicken hot dogs with chips and veggies
Nov 9	Nov 13
Chicken Snack Wrap - chicken, lettuce, cheese	Meatballs with tomato sauce server over rice
Nov 16	Nov 20
Fusilli with vegetarian sauce, and french loaf	PD DAY - NO SCHOOL
Nov 23	Nov 27
Chicken hot dogs with chips and veggies	Baked white meat Chicken fingers with chips, and veggies
Nov 30	Dec 4
Chicken schnitzel with rice, pita and applesauce	All Day breakfast - pancakes, chicken sausage, fruit
Dec 7	Dec 11
Penne with meatballs / tomato sauce, french loaf	Breaded chicken burgers with salad
Dec 14	Dec 18
Baked white meat Chicken fingers with potatoes, and salad	Meatball subs with cheese and Caesar salad

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.