

WEST PREP HOT LUNCH MENU - SEPTEMBER - DECEMBER 2025



PASTA & CHICKEN MONDAYS		FUN FRIDAYS	
SEPTEMBER 8		12	
Baked white meat Chicken fingers with potatoes		Meatball subs with cheese and Caesar salad	
15		19	
Chicken hot dogs with potatoes and veggies		Popcorn chicken with chips and salad	
22		26	
Penne with veggie tomato sauce, cheesy garlic bread		PD DAY	
29		3	
Lasagna with french loaf & Caesar salad		Breaded chicken burgers, chips and salad	
6		10	
All Day breakfast - pancakes, chicken sausage, fruit		PD DAY	
13		17	
HAPPY THANKSGIVING - NO SCHOOL		Baked white meat Chicken fingers with potatoes	
20		24	
Popcorn chicken with potatoes and green salad		Chicken hot dogs with chips and veggies	
27		31	
Fusilli with vegetarian sauce, and cheesy garlic bread		All Day breakfast - pancakes, chicken sausage, fruit	
NOVEMBER 3		7	
Chicken schnitzel with rice, pita and applesauce		Beef Burgers & Caesar salad	
10		14	
Rotini with veg/tomato sauce, french loaf		PD DAY	
17		21	
Rigatoni with vegetarian sauce, and cheesy garlic bread		Cheese quesadillas with tortilla chips and salsa	
24		28	
All Day breakfast - pancakes, chicken sausage, fruit		Meatballs in tomato sauce with rice & green salad	
DECEMBER 1		5	
Penne with meat / tomato sauce, french loaf		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
8		12	
Baked macaroni and cheese with pita and veggies		Baked white meat Chicken fingers with potatoes	
15		19	
Rotini with veggie /tomato sauce, french loaf		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.