

WEST PREP HOT LUNCH MENU - October - December, 2023



CHICKEN & PASTA MONDAYS	FUN FRIDAYS
9	13
HAPPY THANKSGIVING! - NO SCHOOL	All Day breakfast - pancakes, chicken sausage, fruit salad
16	20
Breaded chicken burgers, carrots & green salad	Chicken hot dogs with potatoes and veggies
23	27
Rigatoni with vegetarian sauce, and cheesy garlic bread	Beef Burgers, veggies and chips
30	NOVEMBER. 3
Penne with meat / tomato sauce, french loaf	Chicken nuggets with potatoes and corn
6	10
Baked white meat Chicken fingers with potatoes, and salad	Honey garlic meatballs with cauliflower rice, green salad
13	17
Fusilli with meatballs/tomato sauce, french loaf	PD DAY
20	24
Penne with meat / tomato sauce, french loaf	Baked white meat Chicken nuggets with potatoes, and salad
27	DECEMBER . 1
All Day breakfast - pancakes, chicken sausage, fruit salad	Meatball subs with cheese and potatoes
4	8
Penne with meat / tomato sauce, french loaf	PD DAY
11	15
Fusilli with meatballs/tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
18	22
Baked white meat Chicken fingers with potatoes, and green salad	Beef Burgers, Caesar salad 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.