

# JACKMAN HOT LUNCH MENU - January to March 2024



MOSTLY PASTA MONDAYS		MIXED WEDNESDAYS	
JANUARY 8		10	
Penne with meat / tomato sauce, french loaf		Breaded chicken burgers, green salad, corn and carrots	
15		17	
Baked white meat Chicken fingers with potatoes		Beef Burgers, Caesar salad and potatoes	
22		24	
Fusilli with meatballs/tomato sauce, french loaf		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
29		31	
Chicken hot dogs with chips and veggies		All Day breakfast - pancakes, chicken sausage, fruit salad	
5		7	
Baked macaroni and cheese with pita and Caesar salad		Honey garlic meatballs with cauliflower rice, green salad	
12		14	
Breaded chicken burgers, carrots & green salad		Fish sticks with rice, corn niblets and Caesar salad	
19		21	
FAMILY DAY - NO SCHOOL		Rice bowl - rice, beef, shredded lettuce, cheese & salsa	
26		28	
Chicken nuggets with potatoes and corn		Meatball subs with cheese and cubed potatoes	
4		6	
Rigatoni with vegetarian sauce, and cheesy garlic bread		All Day breakfast - pancakes, chicken sausage, fruit salad	
11		13	
MARCH BREAK		MARCH BREAK	
18		21	
Fusilli with meatballs/tomato sauce, french loaf		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
25		27	
Baked white meat Chicken fingers with potatoes, and salad		Beef Burgers, veggies 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](http://www.thelunchmom.com). Please email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.