

WEST PREP HOT LUNCH MENU - January to March 2024



CHICKEN & PASTA MONDAYS	FUN FRIDAYS
JANUARY 8	12
Penne with meat / tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
15	19
Baked white meat Chicken fingers with potatoes	PD DAY - NO SCHOOL
22	26
Fusilli with meatballs/tomato sauce, french loaf	Beef Burgers, veggies and chips
29	2
Chicken hot dogs with chips and veggies	Baked white meat Chicken fingers with potatoes and corn
5	9
Baked macaroni and cheese with pita and Caesar Salad	All Day breakfast - pancakes, chicken sausage, fruit salad
12	16
Breaded chicken burgers, carrots & green salad	PD DAY - NO SCHOOL
19	23
FAMILY DAY - NO SCHOOL	Beef Burgers, veggies and chips
26	MARCH 1
Chicken nuggets with potatoes and corn	Cheese quesadillas with tortilla chips and salsa
4	8
Rigatoni with vegetarian sauce, and cheesy garlic bread	Chicken hot dogs with potatoes and veggies
11	15
MARCH BREAK	MARCH BREAK
18	22
Fusilli with meatballs/tomato sauce, french loaf	Breaded chicken burgers, Caesar salad
25	29
Baked white meat Chicken fingers with potatoes, and salad	HOLIDAY - NO SCHOOL

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.