

HUMEWOOD HOT LUNCH MENU - APRIL - JUNE 2024



CHICKEN MONDAYS	PASTA TUESDAYS	MIXED THURSDAYS	FUN FRIDAYS
APRIL 1	2	4	5
NO SCHOOL TODAY	Penne with veggie tomato sauce, french loaf, salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Breaded chicken burgers, carrots & green salad
8	9	11	12
PD DAY	Rotini with ground chicken sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit	Baked white meat Chicken fingers with potatoes
15	16	18	19
Popcorn chicken with potatoes and Caesar salad	Fusilli with veggie tomato sauce, cheesy garlic bread	Fish sticks with rice, corn niblets	Chicken hot dogs with chips and veggies
22	23	25	26
NEW! Chicken schnitzel with rice, pita and applesauce	Penne with meat / tomato sauce, french loaf	Cheese quesadillas with tortilla chips and salsa	Beef Burgers & Caesar salad
29	30	2	3
All Day breakfast - pancakes, chicken sausage, fruit	Baked macaroni and cheese with pita and veggies	Fusilli with meatballs/tomato sauce & Caesar salad	Popcorn chicken with potatoes and salad
6	7	9	10
Breaded chicken burgers, carrots & green salad	Rotini with vegetarian sauce, and cheesy garlic bread	Fish sticks with rice, corn niblets	Cheese quesadillas with tortilla chips and salsa
13	14	16	17
Popcorn chicken with potatoes and salad	Penne with meat / tomato sauce, french loaf	Beef Burgers & Caesar salad	All Day breakfast - pancakes, chicken sausage, fruit
20	21	23	24
VICTORIA DAY NO SCHOOL	Penne with meat/tomato sauce, french loaf, Caesar salad	Honey garlic meatballs with cauliflower rice, green salad	NEW! Chicken schnitzel with rice, pita and applesauce
27	28	30	31
Baked white meat Chicken fingers with potatoes, and salad	Fusilli with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit	Chicken hot dogs with Caesar salad
3	4	6	7
Chicken nuggets with potatoes and corn/ carrots	Penne with meat / tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	PD DAY
10	11	13	14
NEW! Chicken spring rolls with rice and veggies	Rigatoni with vegetarian sauce, and cheesy garlic bread	Breaded chicken burgers, green salad, corn and carrots	Baked white meat Chicken fingers with potatoes, and salad
17	18	20	21
Baked white meat Chicken fingers with potatoes, and salad	Fusilli with meatballs/tomato sauce, french loaf	Cheese quesadillas with tortilla chips and salsa	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
24	25	27	28
All Day breakfast - pancakes, chicken sausage, fruit salad	Penne with meat / tomato sauce, french loaf	Fish sticks with rice, corn niblets	LAST DAY! Popcorn chicken with chips and a cookie!

**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.