

HUMWOOD HOT LUNCH MENU - SEPT & OCT 2026

PASTA MONDAYS	CHICKEN TUESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
SEPT 14	Sept 15	Sept 17	Sept 18
Rotini with meat / tomato sauce, french loaf	Chicken schnitzel with rice, pita and applesauce	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Beef Burgers & Caesar salad
Sept 21	Sept 22	Sept 23	Sept 25
Fusilli with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with chips, and veggies	Meatballs in tomato sauce with rice	Chicken hot dogs with potatoes and veggies
Sept 28	Sept 29	OCT 1	Oct 2
Penne with meat / tomato sauce, french loaf	Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	Beef Burgers & Caesar salad	Baked white meat Chicken fingers with potatoes, and salad
Oct 5	Oct 6	Oct 8	Oct 9
Baked macaroni and cheese with pita and veggies	All Day breakfast - pancakes, chicken sausage, fruit	Honey garlic meatballs with cauliflower rice, green salad	Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips
Oct 12	Oct 13	Oct 15	Oct 6
THANKSGIVING - NO SCHOOL	Penne with ground chicken / tomato sauce, french loaf	Meatball subs with cheese and Caesar salad	Popcorn chicken with chips and salad
Oct 19	Oct 20		Oct 23
Fusilli with veggie/tomato sauce & french loaf	Chicken noodle soup with a roll and veggies	Sloppy Joe's with a bun, cheese and salad	All Day breakfast - pancakes, chicken sausage, fruit
Oct 26	Oct 27	Oct 29	Oct 30
Penne with meatballs / tomato sauce, french loaf	Breaded chicken burgers and salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Chicken Snack Wrap - chicken, lettuce, cheese, tortilla

ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.
INCLUDED DAILY FRUIT - ONE OF: APPLES, BANANAS, CANTALOUPE, ORANGES, HONEYDEW
INCLUDED DAILY RAW VEGETABLE - ONE OF: MINI CARROTS, CUCUMBER, CELERY
 Menus and ONLINE ORDERING at www.thelunchmom.com. Please email (tricia@thelunchmom.com) anytime.