

# HUMWOOD PS HOT LUNCH MENU -NOVEMBER - DECEMBER 2024

CHICKEN MONDAYS	PASTA TUESDAYS	MIXED THURSDAYS	FUN FRIDAYS
4	5	7	8
All Day breakfast - pancakes, chicken sausage, fruit	Fusilli with vegetarian sauce, and cheesy garlic bread	Popcorn chicken with potatoes and salad	Cheese quesadillas with tortilla chips and salsa
11	12	14	15
Popcorn chicken with potatoes and salad	Penne with meat / tomato sauce, french loaf	Meatballs in tomato sauce with rice & green salad	<b>PD DAY</b>
18	19	21	22
Chicken hot dogs with chips and veggies	Baked macaroni and cheese with pita and veggies	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Beef Burgers & green salad
25	26	28	29
Breaded chicken burgers, green salad, corn and carrots	Rigatoni with vegetarian sauce, and cheesy garlic bread	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	<b>PD DAY</b>
<b>DECEMBER</b> 2	3	5	6
Baked white meat Chicken fingers with potatoes, and salad	Rotini with meatballs/tomato sauce, french loaf	Fish sticks with rice, corn niblets	All Day breakfast - pancakes, chicken sausage, fruit
9	10	12	13
Chicken schnitzel with rice, pita and applesauce	Penne with meat / tomato sauce, Caesar salad	Honey garlic meatballs with cauliflower rice, green salad	Chicken hot dogs with chips and veggies
16	17	19	20
NEW! Chicken noodle soup with pita and veggies	Fusilli with vegetarian sauce, and french loaf	Breaded chicken burgers, green salad, corn and carrots	Chicken nuggets with chips and veggies/dip

**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.