

# HUMWOOD PS HOT LUNCH MENU - SEPTEMBER - DECEMBER



CHICKEN MONDAYS	PASTA TUESDAYS	MIXED THURSDAYS	FUN FRIDAYS
<b>SEPTEMBER.</b> 9	10	12	13
Baked white meat Chicken fingers with potatoes	Fusilli with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit	Breaded chicken burgers, carrots & green salad
16	17	19	20
Chicken schnitzel with rice, pita and applesauce	Rotini with meat / tomato sauce, french loaf	Beef Burgers, green salad	Popcorn chicken with potatoes and salad
23	24	26	27
Breaded chicken burgers with Caesar salad	Penne with veggie tomato sauce, cheesy garlic bread	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	<b>PD DAY</b>
30	<b>OCTOBER</b> 1	3	4
All Day breakfast - pancakes, chicken sausage, fruit	NEW! Baked Ziti with cheese and green salad	Meatball subs with cheese and Caesar salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
7	8	10	11
Popcorn chicken with potatoes and green salad	Fusilli with meatballs/tomato sauce & Caesar salad	Baked macaroni and cheese with pita and veggies	<b>PD DAY</b>
14	15	17	18
<b>THANKSGIVING NO SCHOOL</b>	Fusilli with ground chicken / tomato sauce, Caesar salad	All Day breakfast - pancakes, chicken sausage, fruit	Baked white meat Chicken fingers with potatoes, and salad
21	22	24	25
Chicken nuggets with potatoes and corn/carrots	Penne with meat / tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Chicken hot dogs with chips and veggies
28	29	31	<b>NOVEMBER</b> 1
NEW! Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	Lasagna with french loaf & green salad	Breaded chicken burgers, green salad, corn and carrots	Rice bowl - rice, beef, shredded lettuce, cheese, chips & salsa

**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.