

HUMWOOD HOT LUNCH MENU - January to March 2024



CHICKEN MONDAYS	PASTA TUESDAYS	MIXED THURSDAYS	FUN FRIDAYS
JANUARY 8	9	11	12
All Day breakfast - pancakes, chicken sausage, fruit salad	Penne with meat / tomato sauce, french loaf	Meatballs in tomato sauce with rice & green salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
15	16	18	19
Baked white meat Chicken fingers with potatoes	Rotini with vegetarian sauce, and cheesy garlic bread	Fish sticks with potatoes, Caesar salad	PD DAY
22	23	25	26
Chicken nuggets with potatoes and Caesar salad	Fusilli with meatballs/tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Beef Burgers, veggies and chips
29	30	FEBRUARY 1	2
Chicken hot dogs with chips and veggies	Penne with meat / tomato sauce, french loaf	All Day breakfast - pancakes, chicken sausage, fruit salad	Baked white meat Chicken fingers with potatoes and corn
5	6	8	9
Chicken bowl with mini corn and carrots over rice and pita bread	Baked macaroni and cheese with pita and Caesar salad	Honey garlic meatballs with cauliflower rice, green salad	All Day breakfast - pancakes, chicken sausage, fruit salad
12	13	15	16
Breaded chicken burgers, carrots & green salad	Rotini with vegetarian sauce, and cheesy garlic bread	Fish sticks with rice, corn niblets and Caesar salad	PD DAY - NO SCHOOL
19	20	22	23
FAMILY DAY - NO SCHOOL	Penne with ground chicken/ tomato sauce, french loaf	Baked macaroni and cheese with pita and veggies	Beef Burgers, veggies and chips
26	27	29	MARCH 1
Chicken nuggets with potatoes and corn	Penne with meat / tomato sauce, french loaf	Meatball subs with cheese and cubed potatoes	Cheese quesadillas with tortilla chips and salsa
4	5	7	8
Baked white meat Chicken fingers with potatoes, and salad	Rigatoni with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit salad	Chicken hot dogs with potatoes and veggies
11	12	14	15
MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK
18	19	21	22
All Day breakfast - pancakes, chicken sausage, fruit salad	Fusilli with meatballs/tomato sauce, french loaf	Fish sticks with potatoes, corn niblets and Caesar salad	Breaded chicken burgers, Caesar salad
25	26	28	29
Baked white meat Chicken fingers with potatoes, and salad	Rigatoni with vegetarian sauce, and cheesy garlic bread	Meatballs in tomato sauce with rice, green salad	GOOD FRIDAY - 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.