

# HUMWOOD HOT LUNCH MENU - JANUARY - MARCH 2025



CHICKEN MONDAYS	PASTA TUESDAYS	MIXED THURSDAYS	FUN FRIDAYS
<b>JANUARY</b> 6	7	9	10
Baked white meat Chicken fingers with potatoes	Fusilli with vegetarian sauce, and cheesy garlic bread	Meatballs in tomato sauce with rice & green salad	Breaded chicken burgers, carrots & green salad
13	14	16	17
Popcorn chicken with potatoes and salad	Rotini with meat / tomato sauce, french loaf	Beef Burgers, green salad	<b>PD DAY</b>
20	21	23	24
Breaded chicken burgers with Caesar salad	Rotini with meatballs/tomato sauce & Caesar salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Chicken hot dogs with chips and veggies
27	28	30	<b>FEBRUARY</b> 1
Cheese quesadillas with tortilla chips and salsa	Lasagna with french loaf & green salad	All Day breakfast - pancakes, chicken sausage, fruit	Popcorn chicken with potatoes and salad
3	4	6	7
Chicken schnitzel with potatoes, pita and applesauce	Penne with veggie tomato sauce, cheesy garlic bread	Beef Burgers & Caesar salad	Baked white meat Chicken fingers with potatoes, and salad
10	11	13	14
All Day breakfast - pancakes, chicken sausage, fruit	Fusilli with vegetarian sauce, and cheesy garlic bread	Chicken fingers with potatoes and corn/ carrots	<b>PD DAY</b>
17	18	20	21
<b>FAMILY DAY NO SCHOOL</b>	Fusilli with ground chicken / tomato sauce, Caesar salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Meatball subs with cheese and Caesar salad
24	25	27	28
Chicken hot dogs with chips and veggies	Rotini with meat / tomato sauce, french loaf	Honey garlic meatballs with cauliflower rice, green salad	Beef Burgers, green salad
<b>MARCH</b> 3	4	6	7
Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	Fusilli with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
10	11	13	14
<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>
17	18	20	21
Chicken hot dogs with chips and veggies	Fusilli with meatballs/tomato sauce & Caesar salad	Popcorn chicken with potatoes and salad	Rice bowl - rice, beef, shredded lettuce, cheese, chips & salsa
24	25	27	28
Chicken fingers with potatoes and corn/ carrots	Rigatoni with vegetarian sauce, and cheesy garlic bread	Beef Burgers & Caesar salad	All Day breakfast - pancakes, chicken sausage, fruit

**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.