

# HUMWOOD HOT LUNCH MENU - September - December, 2023



CHICKEN & PASTA MONDAYS	MIXED WEDNESDAYS	FUN FRIDAYS
30	NOVEMBER 1	3
Penne with meat / tomato sauce, french loaf	PIZZA LUNCH - NO HOT LUNCH	Chicken nuggets with potatoes and corn
6	8	10
Baked white meat Chicken fingers with potatoes, and salad	All Day breakfast - pancakes, chicken sausage, hash browns	Honey garlic meatballs with cauliflower rice, green salad
13	15	17
Fusilli with meatballs/tomato sauce, french loaf	PIZZA LUNCH - NO HOT LUNCH	<b>PD DAY</b>
20	22	24
Penne with meat / tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Baked white meat Chicken nuggets with potatoes, and salad
27	29	<b>DECEMBER . 1</b>
All Day breakfast - pancakes, chicken sausage, fruit salad	PIZZA LUNCH - NO HOT LUNCH	Meatball subs with cheese and potatoes
4	6	8
Chicken hot dogs with potatoes and veggies	Chicken nuggets with rice and corn	<b>PD DAY</b>
11	13	15
Fusilli with meatballs/tomato sauce, french loaf	PIZZA LUNCH - NO HOT LUNCH	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
18	20	22
Baked white meat Chicken fingers with potatoes, and salad	All Day breakfast - pancakes, chicken sausage, fruit salad	Beef Burgers, Caesar salad and chips

**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.