

WEST PREP PS HOT LUNCH MENU -JANUARY - MARCH 2025



LOTS OF PASTA & CHICKEN MONDAYS		MIXED FRIDAYS	
	JANUARY		
	6		10
Fusilli with vegetarian sauce, and cheesy garlic bread		Breaded chicken burgers, carrots & green salad	
	13		17
Popcorn chicken with potatoes and salad		PD DAY	
	20		24
Rotini with meatballs/tomato sauce & Caesar salad		Chicken hot dogs with chips and veggies	
	27		FEBRUARY
Cheese quesadillas with tortilla chips and salsa		Popcorn chicken with potatoes and salad	1
	3		7
Penne with veggie tomato sauce, cheesy garlic bread		Baked white meat Chicken fingers with potatoes, and salad	
	10		14
All Day breakfast - pancakes, chicken sausage, fruit		PD DAY	
	17		21
FAMILY DAY - NO SCHOOL		Meatball subs with cheese and Caesar salad	
	24		28
Chicken hot dogs with chips and veggies		Beef Burgers, green salad	
	MARCH		7
Fusilli with vegetarian sauce, and cheesy garlic bread		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
	10		14
MARCH BREAK		MARCH BREAK	
	17		21
Fusilli with meatballs/tomato sauce & Caesar salad		Rice bowl - rice, beef, shredded lettuce, cheese, chips & salsa	
	24		28
Chicken fingers with potatoes and corn/carrots		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. Please email (tricia@thelunchmom.com) anytime.