

JICS HOT LUNCH MENU - September 12 - October 28, 2022



MONDAY	TUESDAY	THURSDAY	FRIDAY
CHICKEN MONDAYS	PASTA TUESDAYS	MIXED THURSDAYS	FUN FRIDAYS
SEPTEMBER 12	13	15	16
Baked chicken nuggets with rice and carrots	Penne with meat sauce and french loaf	Honey garlic meatballs with cauliflower rice, green salad	Burgers on whole wheat buns, chips and veggie
19	20	22	23
Breaded chicken burgers on whole wheat rolls & green salad	Rigatoni with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, hash browns	Chicken hot dogs with chips and veggies and dip
26	27	29	30
Baked white meat Chicken fingers with rice and mixed veggies	Fusilli with meatballs/tomato sauce, french loaf	Burgers on whole wheat buns and cubed potatoes	Cheese quesadillas with tortilla chips and salsa on the side
OCTOBER 3	4	6	7
All Day breakfast - pancakes, chicken sausage, hash browns	Penne with meat sauce and french loaf	Fish sticks with corn niblets and Caesar salad	Breaded chicken burgers on whole wheat rolls & chips
10	11	13	14
HAPPY THANKSGIVING!!! NO SCHOOL	Fusilli with veggie tomato sauce, french loaf & salad	Chicken nuggets with carrots and cucumbers and dip	Burgers on whole wheat buns and veggies & dip
17	18	20	21
Baked chicken nuggets with rice and carrots, apple sauce	Lasagna with Caesar salad, and a whole wheat roll	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad
24	25	27	28
Baked chicken drumsticks with rice and whole wheat pita	Penne with meat sauce and french loaf	Burgers on whole wheat buns and veggies & dip	Fish sticks with potatoes and veggies and dip

**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.