

# JICS HOT LUNCH MENU - SEPTEMBER - OCTOBER 2024



PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
<b>SEPTEMBER. 9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Fusilli with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes	All Day breakfast - pancakes, chicken sausage, fruit	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Breaded chicken burgers, carrots & green salad
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Rotini with meat / tomato sauce, french loaf	Chicken schnitzel with rice, pita and applesauce	Beef Burgers, green salad	Meatballs in tomato sauce with rice & green salad	Popcorn chicken with potatoes and salad
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Penne with veggie tomato sauce, cheesy garlic bread	Breaded chicken burgers with Caesar salad	Chicken fingers with rice, corn niblets	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	NEW! Cheese Pizza Pockets with Green salad
<b>30</b>	<b>OCTOBER . 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
NEW! Baked Ziti with cheese and green salad	All Day breakfast - pancakes, chicken sausage, fruit	Cheese quesadillas with tortilla chips and salsa	Meatball subs with cheese and Caesar salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Fusilli with meatballs/tomato sauce & Caesar salad	Popcorn chicken with potatoes and green salad	Baked macaroni and cheese with pita and veggies	Beef Burgers & Caesar salad	<b>NO SCHOOL TODAY</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>THANKSGIVING NO SCHOOL</b>	Fusilli with ground chicken / tomato sauce, Caesar salad	All Day breakfast - pancakes, chicken sausage, fruit	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Baked white meat Chicken fingers with potatoes, and salad
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Penne with meat / tomato sauce, french loaf	Chicken nuggets with potatoes and corn/carrots	NEW! Cheese Pizza Pockets with Green salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Chicken hot dogs with chips and veggies
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>NOVEMBER . 1</b>
Lasagna with french loaf & green salad	NEW! Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	Breaded chicken burgers, green salad, corn and carrots	Honey garlic meatballs with cauliflower rice, green salad	Rice bowl - rice, beef, shredded lettuce, cheese, chips & salsa

**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.