



## Incarnate Word Academy School Menu January--2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31-Dec</b>	<b>1-Jan</b>	<b>2-Jan</b>	<b>3-Jan</b>	<b>4-Jan</b>
	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED
<b>7-Jan</b>	<b>8-Jan</b>	<b>9-Jan</b>	<b>10-Jan</b>	<b>11-Jan</b>
SCHOOL CLOSED	Turkey and Cheese Enchilada, Spanish Rice, Steamed Broccoli, Fresh Cut Fruit <b>Spaghetti With Beef Marinara Sauce</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	Parmesan and Ricotta Ravioli, Diced Carrots & Peas, Garlic Bread, Fresh Cut Fruit <b>Chicken Vegetable Noodle soup</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	Grilled Turkey and Cheese Sandwich, Spanish Rice, Steamed Broccoli, Fresh Cut Fruit <b>100% Beef Hot Dog</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	Cheese Pizza, Fresh Cucumber with House Made Ranch Dressing, Fresh Cut Fruit <b>Baked Pasta Marinara with Cheese</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich
<b>14-Jan</b>	<b>15-Jan</b>	<b>16-Jan</b>	<b>17-Jan</b>	<b>18-Jan</b>
Farfalle Pasta with Alfredo Sauce, Baked Chicken Breast, Roasted Carrots, Fresh Cut Fruit <b>Baked Potatoes with Butter &amp; Cheese</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	Crispy Chicken Biscuit Sandwich, Mashed Potato, Green Peas and Carrots, Fresh Cut Fruit <b>Chicken Enchiladas</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	Classic Beef Lasagna with Grass-fed Beef, Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit <b>Beef Macaroni &amp; Cheese</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit <b>Chicken Baked Ziti</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	Chicken & Waffles, Roasted Red Potatoes, Broccoli, Ketchup, Fresh Cut Fruit <b>Grilled Chicken and Cheese Wrap</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich
<b>21-Jan</b>	<b>22-Jan</b>	<b>23-Jan</b>	<b>24-Jan</b>	<b>25-Jan</b>
SCHOOL CLOSED	Grass-fed Beef Shepherd's Pie Casserole, Sourdough Bread, Oven Roasted Yellow Squash, Fresh Cut Fruit <b>Spaghetti With Beef Marinara Sauce</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	Turkey and Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit <b>Chicken Vegetable Noodle soup</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	Grass-fed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Oven Baked Squash, Fresh Cut Fruit <b>100% Beef Hot Dog</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	Stuffed Chicken Breast with Rice Pilaf, Vegetable Medley, Fresh Cut Fruit <b>Baked Pasta Marinara with Cheese</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich
<b>28-Jan</b>	<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>	<b>1-Feb</b>
Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit <b>Baked Potatoes with Butter &amp; Cheese</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	Sweet and Sour Chicken, Steamed Rice, Broccoli, Fresh Cut Fruit <b>Chicken Enchiladas</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	Grass-fed Beef Chili with Black Beans & Cheddar Cheese, Fresh Baked Corn Bread, Oven Roasted Carrots, Fresh Cut Fruit <b>Beef Macaroni &amp; Cheese</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	Chicken Baked Ziti, Vegetable Medley, Garlic Bread, Fresh Cut Fruit <b>Chicken Baked Ziti</b> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	

\*Secondary Entrée Option

\*Salad Option

\*Sandwich Option