



Incarnate Word Academy School Menu April--2019

Monday	Tuesday	Wednesday	Thursday	Friday
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
Beef Steak Fingers Sliders, Mashed Potato, Steamed Broccoli, Fresh Cut Fruit Chicken and Cheese Hot Pockets Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	Farfalle Pasta with Alfredo Sauce, Baked Chicken Breast, Oven Roasted Carrots, Fresh Cut Fruit Beef Hamburger Slider with Cheddar Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	Classic Beef Lasagna with Grass-fed Beef, Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit Spaghetti With Beef Marinara Sauce Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	Crispy Chicken Croissant Sandwich, Mashed Potatoes, Green Peas and Diced Carrots, Fresh Cut Fruit Turkey Kielbasa Casserole 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, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
Baked Chicken Breast with Mild Curry Sauce, Steamed Rice, Oven Roasted Carrots, Fresh Cut Fruit Beef Nachos Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	Turkey and Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit Chicken Enchiladas Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	Shredded Chicken Enchilada Casserole, Spanish Rice, Broccoli, Fresh Cut Fruit Chicken Vegetable Noodle soup 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 Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit 100% Beef Hot Dog Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	SCHOOL CLOSED
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit Chicken and Cheese Hot Pockets Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	Sweet and Sour Chicken, Steamed Rice, Broccoli, Fresh Cut Fruit Beef Hamburger Slider with Cheddar 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 Chili with Black Beans & Cheddar Cheese, Fresh Baked Corn Bread, Oven Roasted Carrots, Fresh Cut Fruit Spaghetti With Beef Marinara Sauce 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, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit Turkey Kielbasa Casserole Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	SCHOOL CLOSED
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
SCHOOL CLOSED	Beef Tortellini in Creamy Marinara Sauce, Steamed Broccoli, Garlic Bread, Fresh Cut Fruit Chicken Enchiladas Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	Grilled Turkey and Cheese Sandwich, Roasted Red Potatoes, Steamed Broccoli, Fresh Cut Fruit Chicken Vegetable Noodle soup Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	BBQ Beef Slider, Baked Beans, Fresh Corn on the Cob, Fresh Cut Fruit 100% Beef Hot Dog Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	Creamy Shredded Chicken Chili with White Beans, Steamed Rice, Sautéed Fresh Corn with Bell Peppers, Fresh Cut Fruit Grilled Chicken and Cheese Wrap Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich
29-Apr	30-Apr	1-May	2-May	3-May
Grass-fed Beef Sloppy Joe Sliders with Jack Cheese, Oven Roasted Red Potatoes, Fresh Corn on the Cob, Fresh Cut Fruit Chicken and Cheese Hot Pockets Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	Chicken Baked Ziti, Vegetable Medley, Garlic Bread, Fresh Cut Fruit Beef Hamburger Slider with Cheddar Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich			

*Secondary Entrée Option

*Salad Option

*Sandwich Option