



Incarnate Word Academy School Menu August--2019

Monday	Tuesday	Wednesday	Thursday	Friday
29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
5-Aug	6-Aug	7-Aug	8-Aug	9-Aug
12-Aug	13-Aug	14-Aug	15-Aug	16-Aug
		EARLY DISMISSAL	Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit <div style="text-align: center; color: orange;">100% Beef Hot Dog</div> 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 & Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit <div style="text-align: center; color: orange;">Spaghetti With Beef Marinara Sauce</div> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich
19-Aug	20-Aug	21-Aug	22-Aug	23-Aug
Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit <div style="text-align: center; color: orange;">Turkey Corn Dogs</div> 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 with Rice Pilaf, Diced Carrots & Peas, Fresh Baked French Bread, Fresh Cut Fruit <div style="text-align: center; color: orange;">Beef Nachos</div> 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 Steak Fingers Sliders, Mashed Potato, Steamed Broccoli, Fresh Cut Fruit <div style="text-align: center; color: orange;">Chicken Primavera</div> 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 <div style="text-align: center; color: orange;">100% Beef Hot Dog</div> 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 <div style="text-align: center; color: orange;">Spaghetti With Beef Marinara Sauce</div> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich
26-Aug	27-Aug	28-Aug	29-Aug	30-Aug
Chicken and Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit <div style="text-align: center; color: orange;">Turkey Corn Dogs</div> 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 <div style="text-align: center; color: orange;">Beef Nachos</div> 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, Steamed Rice, Oven Roasted Carrots, Fresh Cut Fruit <div style="text-align: center; color: orange;">Chicken Primavera</div> Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	100% Beef Hot Dogs, Baked Beans, Fresh Corn, Fresh Cut Fruit <div style="text-align: center; color: orange;">100% Beef Hot Dog</div> 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 <div style="text-align: center; color: orange;">Spaghetti With Beef Marinara Sauce</div> 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