



Incarnate Word Academy School Menu September--2019

Monday	Tuesday	Wednesday	Thursday	Friday
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
<p>SCHOOL CLOSED</p>	<p>Crispy Chicken Croissant Sandwich, Mashed Potatoes, Green Peas and Diced Carrots, Fresh Cut Fruit</p> <p style="text-align: center;">Chicken and Cheese Enchiladas</p> <p>Mandarin Chicken Salad: Field Greens, Dried Cranberry & Mandarin, Toasted Pecan & Breaded Chicken Breast, Tossed with Balsamic Vinaigrette</p> <p style="text-align: center;">Turkey and Swiss Sandwich</p>	<p>Parmesan and Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit</p> <p style="text-align: center;">Beef Macaroni & Cheese</p> <p>Spinach Cucumber Salad with Baked Chicken Breast, Feta Cheese, Grape Tomatoes, Fresh Berries & Toasted Pecans, Tossed with Balsamic Vinaigrette</p> <p style="text-align: center;">Turkey and Swiss Sandwich</p>	<p>Grassfed Beef with Spaghetti, Fresh Green Beans and Carrots, Fresh Cut Fruit</p> <p style="text-align: center;">100% Beef Hot Dog</p> <p>Cobb Salad, Turkey, Hard Boiled Eggs, Carrots, Cheese, Cucumbers, and Romaine with Ranch</p> <p style="text-align: center;">Turkey and Swiss Sandwich</p>	<p>Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit</p> <p style="text-align: center;">Baked Pasta Marinara with Cheese</p> <p>Pesto Pasta Salad with Spinach, Tomato, Olives, Parmesan Cheese & Chicken Breast, Tossed with Creamy Pesto Salad Dressing</p> <p style="text-align: center;">Turkey and Swiss Sandwich</p>
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
<p>Farfalle Pasta with Alfredo Sauce, Baked Chicken Breast, Oven Roasted Carrots, Fresh Cut Fruit</p> <p style="text-align: center;">Beef Slider with Cheddar Cheese</p> <p>Organic Kale Salad with Cranberry, Apple & Breaded Chicken Breast, Tossed with Lemon Vinaigrette</p> <p style="text-align: center;">Roast Beef & Cheddar Sandwich</p>	<p>Turkey and Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit</p> <p style="text-align: center;">Chicken and Cheese Enchiladas</p> <p>Mandarin Chicken Salad: Field Greens, Dried Cranberry & Mandarin, Toasted Pecan & Breaded Chicken Breast, Tossed with Balsamic Vinaigrette</p> <p style="text-align: center;">Roast Beef & Cheddar Sandwich</p>	<p>Grass-fed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit</p> <p style="text-align: center;">Beef Macaroni & Cheese</p> <p>Spinach Cucumber Salad with Baked Chicken Breast, Feta Cheese, Grape Tomatoes, Fresh Berries & Toasted Pecans, Tossed with Balsamic Vinaigrette</p> <p style="text-align: center;">Roast Beef & Cheddar Sandwich</p>	<p>Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit</p> <p style="text-align: center;">100% Beef Hot Dog</p> <p>Cobb Salad, Turkey, Hard Boiled Eggs, Carrots, Cheese, Cucumbers, and Romaine with Ranch</p> <p style="text-align: center;">Roast Beef & Cheddar Sandwich</p>	<p>Chicken & Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit</p> <p style="text-align: center;">Baked Pasta Marinara with Cheese</p> <p>Pesto Pasta Salad with Spinach, Tomato, Olives, Parmesan Cheese & Chicken Breast, Tossed with Creamy Pesto Salad Dressing</p> <p style="text-align: center;">Roast Beef & Cheddar Sandwich</p>
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
<p>Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit</p> <p style="text-align: center;">Beef Slider with Cheddar Cheese</p> <p>Organic Kale Salad with Cranberry, Apple & Breaded Chicken Breast, Tossed with Lemon Vinaigrette</p> <p style="text-align: center;">Turkey and Swiss Sandwich</p>	<p>Rosemary Chicken with Rice Pilaf, Roasted Red Potato & Carrots, Fresh Baked French Bread, Fresh Cut Fruit</p> <p style="text-align: center;">Chicken and Cheese Enchiladas</p> <p>Mandarin Chicken Salad: Field Greens, Dried Cranberry & Mandarin, Toasted Pecan & Breaded Chicken Breast, Tossed with Balsamic Vinaigrette</p> <p style="text-align: center;">Turkey and Swiss Sandwich</p>	<p>Beef Steak Fingers Sliders, Mashed Potato, Steamed Broccoli, Fresh Cut Fruit</p> <p style="text-align: center;">Beef Macaroni & Cheese</p> <p>Spinach Cucumber Salad with Baked Chicken Breast, Feta Cheese, Grape Tomatoes, Fresh Berries & Toasted Pecans, Tossed with Balsamic Vinaigrette</p> <p style="text-align: center;">Turkey and Swiss Sandwich</p>	<p>Grilled Turkey and Cheese Sandwich, Roasted Red Potatoes, Steamed Broccoli, Fresh Cut Fruit</p> <p style="text-align: center;">100% Beef Hot Dog</p> <p>Cobb Salad, Turkey, Hard Boiled Eggs, Carrots, Cheese, Cucumbers, and Romaine with Ranch</p> <p style="text-align: center;">Turkey and Swiss Sandwich</p>	<p>Breakfast for Lunch: Eggs, Turkey Sausage, Pancakes, Breakfast Potato Steamed Broccoli, Fresh Cut Fruit</p> <p style="text-align: center;">Baked Pasta Marinara with Cheese</p> <p>Pesto Pasta Salad with Spinach, Tomato, Olives, Parmesan Cheese & Chicken Breast, Tossed with Creamy Pesto Salad Dressing</p> <p style="text-align: center;">Turkey and Swiss Sandwich</p>
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
<p>Chicken and Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit</p> <p style="text-align: center;">Beef Slider with Cheddar Cheese</p> <p>Organic Kale Salad with Cranberry, Apple & Breaded Chicken Breast, Tossed with Lemon Vinaigrette</p> <p style="text-align: center;">Roast Beef & Cheddar Sandwich</p>	<p>Sweet and Sour Chicken, Steamed Rice, Broccoli, Fresh Cut Fruit</p> <p style="text-align: center;">Chicken and Cheese Enchiladas</p> <p>Mandarin Chicken Salad: Field Greens, Dried Cranberry & Mandarin, Toasted Pecan & Breaded Chicken Breast, Tossed with Balsamic Vinaigrette</p> <p style="text-align: center;">Roast Beef & Cheddar Sandwich</p>	<p>Chicken Baked Ziti, Vegetable Medley, Garlic Bread, Fresh Cut Fruit</p> <p style="text-align: center;">Beef Macaroni & Cheese</p> <p>Spinach Cucumber Salad with Baked Chicken Breast, Feta Cheese, Grape Tomatoes, Fresh Berries & Toasted Pecans, Tossed with Balsamic Vinaigrette</p> <p style="text-align: center;">Roast Beef & Cheddar Sandwich</p>	<p>100% Beef Hot Dogs, Baked Beans, Fresh Corn, Fresh Cut Fruit</p> <p style="text-align: center;">100% Beef Hot Dog</p> <p>Cobb Salad, Turkey, Hard Boiled Eggs, Carrots, Cheese, Cucumbers, and Romaine with Ranch</p> <p style="text-align: center;">Roast Beef & Cheddar Sandwich</p>	<p>Classic Beef Lasagna with Grass-fed Beef, Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit</p> <p style="text-align: center;">Baked Pasta Marinara with Cheese</p> <p>Pesto Pasta Salad with Spinach, Tomato, Olives, Parmesan Cheese & Chicken Breast, Tossed with Creamy Pesto Salad Dressing</p> <p style="text-align: center;">Roast Beef & Cheddar Sandwich</p>
30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
<p>Parmesan and Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit</p> <p style="text-align: center;">Beef Slider with Cheddar Cheese</p> <p>Organic Kale Salad with Cranberry, Apple & Breaded Chicken Breast, Tossed with Lemon Vinaigrette</p> <p style="text-align: center;">Turkey and Swiss Sandwich</p>				

*Secondary Entrée Option

*Salad Option

*Sandwich Option