



Incarnate Word Academy School Menu November--2019

Monday 28-Oct	Tuesday 29-Oct	Wednesday 30-Oct	Thursday 31-Oct	Friday 1-Nov
				Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit Grilled Chicken & Cheese Wrap Mandarin Chicken Salad: Field Greens, Dried Cranberry & Mandarin, Toasted Pecan & Breaded Chicken Breast, Tossed with Balsamic Vinaigrette Turkey and Swiss Sandwich
4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
Farfalle Pasta with Alfredo Sauce, Baked Chicken Breast, Oven Roasted Carrots, Fresh Cut Fruit Beef Nachos Organic Kale Salad with Cranberry, Apple & Breaded Chicken Breast, Tossed with Lemon Vinaigrette Roast Beef & Cheddar Sandwich	Grassfed Beef Shepherd's Pie Casserole, Sourdough Bread, Oven Roasted Yellow Squash, Fresh Cut Fruit Chicken Enchiladas Mandarin Chicken Salad: Field Greens, Dried Cranberry & Mandarin, Toasted Pecan & Breaded Chicken Breast, Tossed with Balsamic Vinaigrette Roast Beef & Cheddar Sandwich	Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit Chicken & Vegetable Noodle Soup Spinach Cucumber Salad with Baked Chicken Breast, Feta Cheese, Grape Tomatoes, Fresh Berries & Toasted Pecans, Tossed with Balsamic Vinaigrette Roast Beef & Cheddar Sandwich	Grassfed Beef with Spaghetti, Fresh Green Beans and Carrots, Fresh Cut Fruit Hot Dog Cobb Salad, Turkey, Hard Boiled Eggs, Carrots, Cheese, Cucumbers, and Romaine with Ranch Roast Beef & Cheddar Sandwich	Chicken & Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit Grilled Chicken & Cheese Wrap Pesto Pasta Salad with Spinach, Tomato, Olives, Parmesan Cheese & Chicken Breast, Tossed with Creamy Pesto Salad Dressing Roast Beef & Cheddar Sandwich
11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit Beef Nachos Pesto Pasta Salad with Spinach, Tomato, Olives, Parmesan Cheese & Chicken Breast, Tossed with Creamy Pesto Salad Dressing 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 Pesto Pasta Salad with Spinach, Tomato, Olives, Parmesan Cheese & Chicken Breast, Tossed with Creamy Pesto Salad Dressing Turkey and Swiss Sandwich	Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit Chicken & Vegetable Noodle Soup Pesto Pasta Salad with Spinach, Tomato, Olives, Parmesan Cheese & Chicken Breast, Tossed with Creamy Pesto Salad Dressing Turkey and Swiss Sandwich	Shredded Chicken Enchilada Casserole, Spanish Rice, Broccoli, Fresh Cut Fruit Hot Dog Pesto Pasta Salad with Spinach, Tomato, Olives, Parmesan Cheese & Chicken Breast, Tossed with Creamy Pesto Salad Dressing Turkey and Swiss Sandwich	Breakfast for Lunch: Eggs, Turkey Sausage, Pancakes, Breakfast Potato Steamed Broccoli, Fresh Cut Fruit Grilled Chicken & Cheese Wrap Pesto Pasta Salad with Spinach, Tomato, Olives, Parmesan Cheese & Chicken Breast, Tossed with Creamy Pesto Salad Dressing Turkey and Swiss Sandwich
18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
Chicken and Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit Beef Nachos Organic Kale Salad with Cranberry, Apple & Breaded Chicken Breast, Tossed with Lemon Vinaigrette Turkey and Swiss Sandwich	Rosemary Chicken with Rice Pilaf, Roasted Red Potato & Carrots, Fresh Baked French Bread, Fresh Cut Fruit Chicken Enchiladas Organic Kale Salad with Cranberry, Apple & Breaded Chicken Breast, Tossed with Lemon Vinaigrette Turkey and Swiss Sandwich	Grassfed Beef Sloppy Joe Sliders with Jack Cheese, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit Chicken & Vegetable Noodle Soup Organic Kale Salad with Cranberry, Apple & Breaded Chicken Breast, Tossed with Lemon Vinaigrette Turkey and Swiss Sandwich	Oven Roasted Turkey, Mashed Potato, Fresh Green Beans, Dinner Roll, Fresh Cut Fruit Hot Dog Organic Kale Salad with Cranberry, Apple & Breaded Chicken Breast, Tossed with Lemon Vinaigrette Turkey and Swiss Sandwich	NO LUNCH SERVICE
25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED

*Secondary Entrée Option

*Salad Option

*Sandwich Option