



Incarnate Word Academy School Menu January--2020

Monday 30-Dec	Tuesday 31-Dec	Wednesday 1-Jan	Thursday 2-Jan	Friday 3-Jan
		SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED
6-Jan SCHOOL CLOSED	7-Jan NO LUNCH SERVICE	8-Jan Chicken Baked Ziti, Vegetable Medley, Garlic Bread, Fresh Cut Fruit Chicken Primavera Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	9-Jan Beef Sloppy Joe Sliders, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit Hot Dog Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich	10-Jan Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit Grilled Chicken & Cheese Wrap Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich
13-Jan Macaroni & Cheese with Oven Roasted Chicken, Steamed Broccoli, Fresh Cut Fruit Baked Potatoes with Butter & Cheese Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	14-Jan Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit Beef Chili Frito Pie Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	15-Jan Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette Chicken Primavera Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	16-Jan Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit 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	17-Jan EARLY DISMISSAL
20-Jan SCHOOL CLOSED	21-Jan Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit Beef Chili Frito Pie Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	22-Jan Rosemary Crispy Chicken with Rice Pilaf, Roasted Red Potato & Carrots, Fresh Baked French Bread, Fresh Cut Fruit Chicken Primavera Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	23-Jan Grassfed Beef Chili with Black Beans & Cheddar Cheese, Steamed Rice, Oven Roasted Carrots, Fresh Cut Fruit 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	24-Jan Breakfast for Lunch: Turkey Sausage, Eggs, Pancakes, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit Grilled Chicken & 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
27-Jan BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit Baked Potatoes with Butter & Cheese Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	28-Jan Baked Chicken Breast with Mild Creamy Anaheim Sauce, Steamed Rice, Green Peas & Diced Carrots, Fresh Cut Fruit Beef Chili Frito Pie 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-Jan Parmesan & Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit Chicken Primavera Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich	30-Jan Turkey Meat Loaf, Mashed Potatoes, Sautéed Green Beans & Carrots, Fresh Baguette, Fresh Cut Fruit 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	31-Jan Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit Grilled Chicken & 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

*Secondary Entrée Option

*Salad Option

*Sandwich Option