

Incarnate Word Academy School Menu January--2020 Wednesday

Kitchen		Januar y2020		
Monday	Tuesday	Wednesday	Thursday	Friday
30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
30 200	52 500	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED
		SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
SCHOOL CLOSED	NO LUNCH SERVICE	Chicken Baked Ziti, Vegetable Medley, Garlic Bread, Fresh	Beef Sloppy Joe Sliders, Sweet Potato Tots, Fresh Corn, Fresh	Chicken and Waffles, Roasted Red Potatoes, Steamed
		Cut Fruit	Cut Fruit	Broccoli, Ketchup, Fresh Cut Fruit
		Chicken Prmavera	Hot Dog	Grilled Chicken & Cheese Wrap
		Salad Option: Fresh Garden Salad with Carrots, Cucumbers,	Salad Option: Fresh Garden Salad with Carrots, Cucumbers,	Salad Option: Fresh Garden Salad with Carrots, Cucumbers,
		Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar,	Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar,	Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar,
		Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette
		Roast Beef & Cheddar Sandwich	Roast Beef & Cheddar Sandwich	Roast Beef & Cheddar Sandwich
		Roast Beel & Cheddar Sandwich	Roast Beel & Cheddar Sandwich	Roast Beer & Crieddar Sandwich
10.1	44.1	45.1	40.1	47.1
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
Macaroni & Cheese with Oven Roasted Chicken, Steamed	Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh	Chicken Fried Rice with Carrots & Lima Beans, Steamed	Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit	EARLY DISMISSAL
Broccoli, Fresh Cut Fruit	Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced	Broccoli, Fresh Baked Baguette		
	Cucumbers, Fresh Cut Fruit			
Baked Potatoes with Butter & Cheese	Beef Chili Frito Pie	Chicken Prmavera	Hot Dog	
Salad Option: Fresh Garden Salad with Carrots, Cucumbers,	Salad Option: Fresh Garden Salad with Carrots, Cucumbers,	Salad Option: Fresh Garden Salad with Carrots, Cucumbers,	Salad Option: Fresh Garden Salad with Carrots, Cucumbers,	
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Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette	
Crotons, Namen Dressing or Vindigrette	crotoris, randi bressing or virial grette	Crotons, Ranch Dressing of Virtuigrette	crotons, ranen bressing or virial grette	
Turkey and Swiss Sandwich	Turkey and Swiss Sandwich	Turkey and Swiss Sandwich	Turkey and Swiss Sandwich	
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
SCHOOL CLOSED	Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara	Rosemary Crispy Chicken with Rice Pilaf, Roasted Red Potato	Grassfed Beef Chili with Black Beans & Cheddar Cheese,	Breakfast for Lunch: Turkey Sausage, Eggs, Pancakes,
	Sauce, Baked Yellow Squash, Fresh Cut Fruit	& Carrots, Fresh Baked French Bread, Fresh Cut Fruit	Steamed Rice, Oven Roasted Carrots, Fresh Cut Fruit	Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit
	Beef Chili Frito Pie	Chicken Prmavera	Hot Dog	Grilled Chicken & Cheese Wrap
	Salad Option: Fresh Garden Salad with Carrots, Cucumbers,	Salad Option: Fresh Garden Salad with Carrots, Cucumbers,	Salad Option: Fresh Garden Salad with Carrots, Cucumbers,	Salad Option: Fresh Garden Salad with Carrots, Cucumbers,
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	Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette
	Turkey and Cuies Candwish	Turkey and Suice Sandwich	Turkey and Cuies Canduish	Turkey and Craice Conducted
	Turkey and Swiss Sandwich	Turkey and Swiss Sandwich	Turkey and Swiss Sandwich	Turkey and Swiss Sandwich
27 :	20.	20.	20.	24 :
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit	Baked Chicken Breast with Mild Creamy Anaheim Sauce,	Parmesan & Ricotta Ravioli, Green Peas & Diced Carrots,	Turkey Meat Loaf, Mashed Potatoes, Sautéed Green Beans &	Cheese Pizza, Sliced Cucumber with House Made Ranch
	Steamed Rice, Green Peas & Diced Carrots, Fresh Cut Fruit	Garlic Bread, Fresh Cut Fruit	Carrots, Fresh Baguette, Fresh Cut Fruit	Dressing, Fresh Cut Fruit
Baked Potatoes with Butter & Cheese	Beef Chili Frito Pie	Chicken Prmavera	Hot Dog	Grilled Chicken & Cheese Wrap
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Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette	Crotons, Ranch Dressing or Vinaigrette
Crotons, nation pressing of vinaignette	Crotoris, numeri pressing or vinaignette	Crotoris, nation pressing of vindigrette	Crocons, numeri pressing or vinaignette	Crotoris, namen pressing or vinaignette
Turkey and Swiss Sandwich	Turkey and Swiss Sandwich	Turkey and Swiss Sandwich	Turkey and Swiss Sandwich	Turkey and Swiss Sandwich
*Socondary Entrée Ontion	*Salad Ontion	*Sandwich Ontion		

*Secondary Entrée Option

*Salad Option

*Sandwich Option