



Incarnate Word Academy School Menu March--2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 2-Mar | 3-Mar | 4-Mar | 5-Mar | 6-Mar |
| Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Roasted Carrots, Fresh Cut Fruit <b style="color: #C00000;">Beef Chili Frito Pie 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 <b style="color: #C00000;">Chicken & Vegetable Noodle Soup 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 Baked Ziti, Vegetable Medley, Garlic Bread, Fresh Cut Fruit <b style="color: #C00000;">Turkey Kielbasa Casserole Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich | Beef Sloppy Joe Sliders, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit <b style="color: #C00000;">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 | Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit <b style="color: #C00000;">Baked Pasta Marinara with Cheese Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Tofurkey and Cheese Sandwich |
| 9-Mar | 10-Mar | 11-Mar | 12-Mar | 13-Mar |
| Macaroni & Cheese with Oven Roasted Chicken, Steamed Broccoli, Fresh Cut Fruit <b style="color: #C00000;">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 | Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit <b style="color: #C00000;">Chicken & Vegetable Noodle Soup 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 Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit <b style="color: #C00000;">Turkey Kielbasa Casserole 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 Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit <b style="color: #C00000;">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 | Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit <b style="color: #C00000;">Baked Pasta Marinara with Cheese Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Tofurkey and Cheese Sandwich |
| 16-Mar | 17-Mar | 18-Mar | 19-Mar | 20-Mar |
| SCHOOL CLOSED | SCHOOL CLOSED | SCHOOL CLOSED | SCHOOL CLOSED | SCHOOL CLOSED |
| 23-Mar | 24-Mar | 25-Mar | 26-Mar | 27-Mar |
| BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit <b style="color: #C00000;">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 | Baked Chicken Breast with Mild Creamy Anaheim Sauce, Steamed Rice, Green Peas & Diced Carrots, Fresh Cut Fruit <b style="color: #C00000;">Chicken & Vegetable Noodle Soup Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Turkey and Swiss Sandwich | Spaghetti with Grassfed Beef Meat Sauce, Fresh Green Beans and Carrots, Fresh Cut Fruit <b style="color: #C00000;">Turkey Kielbasa Casserole Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Tofurkey and Cheese Sandwich | EARLY DISMISSAL | Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit <b style="color: #C00000;">Baked Pasta Marinara with Cheese Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Tofurkey and Cheese Sandwich |
| 30-Mar | 31-Mar | 1-Apr | 2-Apr | 3-Apr |
| Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Roasted Carrots, Fresh Cut Fruit <b style="color: #C00000;">Beef Chili Frito Pie Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette Roast Beef & Cheddar Sandwich | Rosemary Crispy Chicken with Rice Pilaf, Roasted Red Potato & Carrots, Fresh Baked French Bread, Fresh Cut Fruit <b style="color: #C00000;">Chicken & Vegetable Noodle Soup 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