



Incarnate Word Academy School Menu August--2021

Monday 2-Aug	Tuesday 3-Aug	Wednesday 4-Aug	Thursday 5-Aug	Friday 6-Aug
9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken Breast, Tossed with Lemon Vinaigrette Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers, Caramelized Onions & Pesto on Ciabatta Bread, Served with Broccoli Soup	Grilled Turkey and Cheddar Sandwich, Sweet Potato Tots, Steamed Broccoli, Fresh Cut Fruit Field Green Salad with Roasted Butternut Squash, Roasted Turkey Breast, Fresh Pomegranate and Feta Cheese, Tossed with Roasted Shallot Vinaigrette Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips	Pasta Primavera with Turkey Sausage, Oven Roasted Zucchini, Fresh Cut Fruit Chicken Fettuccini Alfredo with Mushrooms and Peas, Garlic Bread BBQ Brisket Burger, Roasted Red Potatoes Carrots, Served with Coleslaw Chips	Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit Chicken Parmesan with Marinara Sauce, Angel Hair Pasta, Sautéed Broccoli Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips	Beef Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit Breaded Chicken Breast Stuffed with Spinach and Cheese, Rice Pilaf, Seasonal Vegetables Asian Stir Fry Spaghetti with Seasonal Vegetable With Chicken Breast
16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
Chicken & Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken Breast, Tossed with Lemon Vinaigrette Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers, Caramelized Onions & Pesto on Ciabatta Bread, Served with Broccoli Soup	Turkey and Cheese Wrap, Sliced Cucumbers, Vanilla Yogurt, Fresh Cut Fruit Field Green Salad with Roasted Butternut Squash, Roasted Turkey Breast, Fresh Pomegranate and Feta Cheese, Tossed with Roasted Shallot Vinaigrette Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips	Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit Chicken Fettuccini Alfredo with Mushrooms and Peas, Garlic Bread BBQ Brisket Burger, Roasted Red Potatoes Carrots, Served with Coleslaw Chips	Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit Chicken Parmesan with Marinara Sauce, Angel Hair Pasta, Sautéed Broccoli Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit Breaded Chicken Breast Stuffed with Spinach and Cheese, Rice Pilaf, Seasonal Vegetables Asian Stir Fry Spaghetti with Seasonal Vegetable With Chicken Breast
23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
Grassfed Beef Sloppy Joe Slider, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken Breast, Tossed with Lemon Vinaigrette Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers, Caramelized Onions & Pesto on Ciabatta Bread, Served with Broccoli Soup	Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit Field Green Salad with Roasted Butternut Squash, Roasted Turkey Breast, Fresh Pomegranate and Feta Cheese, Tossed with Roasted Shallot Vinaigrette Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips	Baked Ziti with Turkey Kielbasa, Vegetable Medley, Garlic Bread, Fresh Cut Fruit Chicken Fettuccini Alfredo with Mushrooms and Peas, Garlic Bread BBQ Brisket Burger, Roasted Red Potatoes Carrots, Served with Coleslaw Chips	Chicken Meatballs, Mashed Potatoes with Cheddar Cheese, Oven Roasted Carrots, Fresh Cut Fruit Chicken Parmesan with Marinara Sauce, Angel Hair Pasta, Sautéed Broccoli Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit Breaded Chicken Breast Stuffed with Spinach and Cheese, Rice Pilaf, Seasonal Vegetables Asian Stir Fry Spaghetti with Seasonal Vegetable With Chicken Breast
30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken Breast, Tossed with Lemon Vinaigrette Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers, Caramelized Onions & Pesto on Ciabatta Bread, Served with Broccoli Soup	Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit Field Green Salad with Roasted Butternut Squash, Roasted Turkey Breast, Fresh Pomegranate and Feta Cheese, Tossed with Roasted Shallot Vinaigrette Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips			