

Incarnate Word Academy School Menu October--2021

Monday 27-Sep	Tuesday 28-Sep	Wednesday 29-Sep	Thursday 30-Sep	Friday 1-Oct
				Breakfast for Lunch: Turkey Sausage, Pancakes, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit Grass-fed Meatloaf, Garlic Mashed Potatoes, Sautéed Green Beans California Turkey Wrap in Spinach Tortilla, Oven Baked Turkey, Spinach, Avocado & Tomato, Served with Fruit Salad
4-Oct Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit Organic Kale Salad with Grilled Chicken Breast, Sliced Apples, Toasted Pumpkin Seeds, Fresh Blueberry, Feta Cheese, Tossed with Blueberry Ginger Dressing Beef Fajitas with Grilled Peppers & Onions on Flour Tortilla, Black Beans & Spanish Rice	5-Oct Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit Mandarin Chicken Salad: Field Greens, Dried Cranberry & Mandarin, Toasted Pecan & Breaded Chicken Breast, Tossed with Balsamic Vinaigrette Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips	6-Oct Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit Romaine Salad with Grape Tomato, Black Olives, Cruton, Breaded Chicken, Parmesan Cheese, Toased in Italian Dressing Grilled Turkey Caprice Panini with Turkey, Spinach, Mozzarella, Tomato & Fresh Basil Pesto on Ciabatta Bread, Served with Lentil Soup	7-Oct Parmesan & Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit Loaded Baked Potato with Chopped Brisket, Cheddar Cheese, BBQ Sauce, Sour Cream, Served with Broccoli & Cheese Soup. Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips	8-Oct Beef Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit Grass-fed Meatloaf, Garlic Mashed Potatoes, Sautéed Green Beans California Turkey Wrap in Spinach Tortilla, Oven Baked Turkey, Spinach, Avocado & Tomato, Served with Fruit Salad
11-Oct SCHOOL CLOSED	12-Oct Grilled Turkey and Cheddar Sandwich, Sweet Potato Tots, Steamed Broccoli, Fresh Cut Fruit Mandarin Chicken Salad: Field Greens, Dried Cranberry & Mandarin, Toasted Pecan & Breaded Chicken Breast, Tossed with Balsamic Vinaigrette Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips	13-Oct Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Fresh Baked Baguette, Fresh Cut Fruit Romaine Salad with Grape Tomato, Black Olives, Cruton, Breaded Chicken, Parmesan Cheese, Toased in Italian Dressing Grilled Turkey Caprice Panini with Turkey, Spinach, Mozzarella, Tomato & Fresh Basil Pesto on Ciabatta Bread, Served with Lentil Soup	14-Oct Pasta Primavera with Turkey Sausage, Oven Roasted Zucchini, Fresh Cut Fruit Loaded Baked Potato with Chopped Brisket, Cheddar Cheese, BBQ Sauce, Sour Cream, Served with Broccoli & Cheese Soup. Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips	15-Oct Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit Grass-fed Meatloaf, Garlic Mashed Potatoes, Sautéed Green Beans California Turkey Wrap in Spinach Tortilla, Oven Baked Turkey, Spinach, Avocado & Tomato, Served with Fruit Salad
18-Oct Grassfed Beef Sloppy Joe Slider, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit Organic Kale Salad with Grilled Chicken Breast, Sliced Apples, Toasted Pumpkin Seeds, Fresh Blueberry, Feta Cheese, Tossed with Blueberry Ginger Dressing Beef Fajitas with Grilled Peppers & Onions on Flour Tortilla, Black Beans & Spanish Rice	19-Oct Chicken & Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit Mandarin Chicken Salad: Field Greens, Dried Cranberry & Mandarin, Toasted Pecan & Breaded Chicken Breast, Tossed with Balsamic Vinaigrette Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips	20-Oct Chicken Meatballs, Mashed Potatoes with Cheddar Cheese, Peas & Diced Carrots, Fresh Cut Fruit Romaine Salad with Grape Tomato, Black Olives, Cruton, Breaded Chicken, Parmesan Cheese, Toased in Italian Dressing Grilled Turkey Caprice Panini with Turkey, Spinach, Mozzarella, Tomato & Fresh Basil Pesto on Ciabatta Bread, Served with Lentil Soup	21-Oct Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit Loaded Baked Potato with Chopped Brisket, Cheddar Cheese, BBQ Sauce, Sour Cream, Served with Broccoli & Cheese Soup. Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips	22-Oct Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit Grass-fed Meatloaf, Garlic Mashed Potatoes, Sautéed Green Beans California Turkey Wrap in Spinach Tortilla, Oven Baked Turkey, Spinach, Avocado & Tomato, Served with Fruit Salad
25-Oct Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit Organic Kale Salad with Grilled Chicken Breast, Sliced Apples, Toasted Pumpkin Seeds, Fresh Blueberry, Feta Cheese, Tossed with Blueberry Ginger Dressing Beef Fajitas with Grilled Peppers & Onions on Flour Tortilla, Black Beans & Spanish Rice	26-Oct Turkey and Cheese Wrap, Sliced Cucumbers, Vanilla Yogurt, Fresh Cut Fruit Mandarin Chicken Salad: Field Greens, Dried Cranberry & Mandarin, Toasted Pecan & Breaded Chicken Breast, Tossed with Balsamic Vinaigrette Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips	27-Oct Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit Romaine Salad with Grape Tomato, Black Olives, Cruton, Breaded Chicken, Parmesan Cheese, Toased in Italian Dressing Grilled Turkey Caprice Panini with Turkey, Spinach, Mozzarella, Tomato & Fresh Basil Pesto on Ciabatta Bread, Served with Lentil Soup	28-Oct Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit Loaded Baked Potato with Chopped Brisket, Cheddar Cheese, BBQ Sauce, Sour Cream, Served with Broccoli & Cheese Soup. Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips	29-Oct Baked Ziti with Turkey Kielbasa, Vegetable Medley, Garlic Bread, Fresh Cut Fruit Grass-fed Meatloaf, Garlic Mashed Potatoes, Sautéed Green Beans California Turkey Wrap in Spinach Tortilla, Oven Baked Turkey, Spinach, Avocado & Tomato, Served with Fruit Salad