



## Incarnate Word Academy School Menu September--2022

Monday 29-Aug	Tuesday 30-Aug	Wednesday 31-Aug	Thursday 1-Sep	Friday 2-Sep
			<p>Sweet &amp; Sour Chicken, Steamed Rice, Broccoli, Fresh Cut Fruit</p> <p>Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers, Caramelized Onions &amp; Pesto on Ciabatta Bread, Served with Broccoli Soup</p> <p>Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips</p>	<p>Breakfast for Lunch: Turkey Sausage, Pancakes, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit</p> <p>Breaded Chicken Breast Stuffed with Spinach and Cheese, Rice Pilaf, Seasonal Vegetables</p> <p>Chicken Caesar Salad, Romaine, Crouton, Parmesan Cheese, Grape Tomato and Caesar Dressing</p>
<b>5-Sep</b> SCHOOL CLOSED	<p>Chicken Meatballs, Mashed Potatoes with Cheddar Cheese, Peas &amp; Diced Carrots, Fresh Cut Fruit</p> <p>Pasta Salad with Chicken Breast, Grilled Asparagus, Fresh Basil, Mozzarella Cheese And Grape Tomato.</p> <p>Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips</p>	<p>Broccoli, Cauliflower &amp; Cheese Casserole with Baked Chicken Breast, Plain Pasta, Fresh Baked Baguette, Fresh Cut Fruit</p> <p>Beef Fajitas with Grilled Peppers &amp; Onions on Flour Tortilla, Black Beans &amp; Spanish Rice</p> <p>Chicken Fettuccini Alfredo with Mushrooms and Peas, Garlic Bread</p>	<p>Toasted Turkey and Cheddar Sandwich, Tater Tots, Peas &amp; Carrots, Fresh Cut Fruit</p> <p>Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers, Caramelized Onions &amp; Pesto on Ciabatta Bread, Served with Broccoli Soup</p> <p>Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips</p>	<p>Beefy Mac and Cheese, Fresh Corn, French Bread, Fresh Cut Fruit</p> <p>Breaded Chicken Breast Stuffed with Spinach and Cheese, Rice Pilaf, Seasonal Vegetables</p> <p>Chicken Caesar Salad, Romaine, Crouton, Parmesan Cheese, Grape Tomato and Caesar Dressing</p>
<p>Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit</p> <p>Chicken Parmesan with Marinara Sauce, Angel Hair Pasta, Sautéed Broccoli</p> <p>Organic Kale Salad with Grilled Chicken Breast, Sliced Apples, Toasted Pumpkin Seeds, Fresh Blueberry, Feta Cheese, Tossed with Blueberry Ginger Dressing</p>	<p>Turkey &amp; Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Cucumber, Mozzarella Cheese &amp; Olive Oil, Fresh Cut Fruit</p> <p>Pasta Salad with Chicken Breast, Grilled Asparagus, Fresh Basil, Mozzarella Cheese And Grape Tomato.</p> <p>Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips</p>	<p>Chicken Fried Rice with Carrots &amp; Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit</p> <p>Beef Fajitas with Grilled Peppers &amp; Onions on Flour Tortilla, Black Beans &amp; Spanish Rice</p> <p>Chicken Fettuccini Alfredo with Mushrooms and Peas, Garlic Bread</p>	<p>Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit</p> <p>Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers, Caramelized Onions &amp; Pesto on Ciabatta Bread, Served with Broccoli Soup</p> <p>Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips</p>	<p>Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit</p> <p>Breaded Chicken Breast Stuffed with Spinach and Cheese, Rice Pilaf, Seasonal Vegetables</p> <p>Chicken Caesar Salad, Romaine, Crouton, Parmesan Cheese, Grape Tomato and Caesar Dressing</p>
<p>Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit</p> <p>Chicken Parmesan with Marinara Sauce, Angel Hair Pasta, Sautéed Broccoli</p> <p>Organic Kale Salad with Grilled Chicken Breast, Sliced Apples, Toasted Pumpkin Seeds, Fresh Blueberry, Feta Cheese, Tossed with Blueberry Ginger Dressing</p>	<p>Baked Ziti with Turkey Kielbasa, Vegetable Medley, Garlic Bread, Fresh Cut Fruit</p> <p>Pasta Salad with Chicken Breast, Grilled Asparagus, Fresh Basil, Mozzarella Cheese And Grape Tomato.</p> <p>Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips</p>	<p>Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit</p> <p>Beef Fajitas with Grilled Peppers &amp; Onions on Flour Tortilla, Black Beans &amp; Spanish Rice</p> <p>Chicken Fettuccini Alfredo with Mushrooms and Peas, Garlic Bread</p>	<p>Turkey Hot Dogs, Baked Beans, Fresh Corn, Fresh Cut Fruit</p> <p>Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers, Caramelized Onions &amp; Pesto on Ciabatta Bread, Served with Broccoli Soup</p> <p>Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips</p>	<p>Beef Lasagna with Ricotta Cheese, Mozzarella Cheese &amp; Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit</p> <p>Breaded Chicken Breast Stuffed with Spinach and Cheese, Rice Pilaf, Seasonal Vegetables</p> <p>Chicken Caesar Salad, Romaine, Crouton, Parmesan Cheese, Grape Tomato and Caesar Dressing</p>
<p>Parmesan &amp; Ricotta Ravioli, Green Peas &amp; Diced Carrots, Garlic Bread, Fresh Cut Fruit</p> <p>Chicken Parmesan with Marinara Sauce, Angel Hair Pasta, Sautéed Broccoli</p> <p>Organic Kale Salad with Grilled Chicken Breast, Sliced Apples, Toasted Pumpkin Seeds, Fresh Blueberry, Feta Cheese, Tossed with Blueberry Ginger Dressing</p>	<p>Turkey and Cheese Sub Sandwich with Mayo &amp; Lettuce, Apple Sauce, Fresh Cut Fruit</p> <p>Pasta Salad with Chicken Breast, Grilled Asparagus, Fresh Basil, Mozzarella Cheese And Grape Tomato.</p> <p>Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips</p>	<p>Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit</p> <p>Beef Fajitas with Grilled Peppers &amp; Onions on Flour Tortilla, Black Beans &amp; Spanish Rice</p> <p>Chicken Fettuccini Alfredo with Mushrooms and Peas, Garlic Bread</p>	<p>Spaghetti with Turkey Meat Sauce, Fresh Green Beans &amp; Carrots, Fresh Cut Fruit</p> <p>Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers, Caramelized Onions &amp; Pesto on Ciabatta Bread, Served with Broccoli Soup</p> <p>Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips</p>	<p>Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit</p> <p>Breaded Chicken Breast Stuffed with Spinach and Cheese, Rice Pilaf, Seasonal Vegetables</p> <p>Chicken Caesar Salad, Romaine, Crouton, Parmesan Cheese, Grape Tomato and Caesar Dressing</p>