



Incarnate Word Academy School Menu October--2022

Monday 3-Oct	Tuesday 4-Oct	Wednesday 5-Oct	Thursday 6-Oct	Friday 7-Oct
<p>BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit</p> <p>Pasta Carbonara with Chicken Breast, Turkey Bacon, Peas, Parmesan Cheese</p> <p>Romaine Salad with Chicken Breast, Black Beans, Corn, Red Bell Peppers, Cheese, Chipotle Salad Dressing</p>	<p>Chicken Meatballs, Mashed Potatoes with Cheddar Cheese, Peas & Diced Carrots, Fresh Cut Fruit</p> <p>Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips</p> <p>Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken Breast, Tossed with Lemon Vinaigrette</p>	<p>Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Fresh Baked Baguette, Fresh Cut Fruit</p> <p>Grilled Turkey Caprice Panini with Turkey, Spinach, Mozzarella, Tomato & Fresh Basil Pesto on Ciabatta Bread, Served with Lentil Soup</p> <p>Romaine Salad with Grape Tomato, Black Olives, Crouton, Breaded Chicken, Parmesan Cheese, Tossed in Italian Dressing</p>	<p>Toasted Turkey and Cheddar Sandwich, Tater Tots, Peas & Carrots, Fresh Cut Fruit</p> <p>Loaded Baked Potato with Chopped Brisket, Cheddar Cheese, BBQ Sauce, Sour Cream, Served with Broccoli & Cheese 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>Grass-fed Meatloaf, Garlic Mashed Potatoes, Sautéed Green Beans</p> <p>California Turkey Wrap in Spinach Tortilla, Oven Baked Turkey, Spinach, Avocado & Tomato, Served with Fruit Salad</p>
10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
<p>SCHOOL CLOSED</p>	<p>Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Cucumber, Mozzarella Cheese & Olive Oil, Fresh Cut Fruit</p> <p>Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips</p> <p>Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken Breast, Tossed with Lemon Vinaigrette</p>	<p>NO LUNCH SERVICE</p>	<p>Rosemary Chicken with Rice Pilaf, Roasted Red Potato & Carrots, Fresh Cut Fruit</p> <p>Loaded Baked Potato with Chopped Brisket, Cheddar Cheese, BBQ Sauce, Sour Cream, Served with Broccoli & Cheese 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 & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit</p> <p>Grass-fed Meatloaf, Garlic Mashed Potatoes, Sautéed Green Beans</p> <p>California Turkey Wrap in Spinach Tortilla, Oven Baked Turkey, Spinach, Avocado & Tomato, Served with Fruit Salad</p>
17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
<p>Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit</p> <p>Pasta Carbonara with Chicken Breast, Turkey Bacon, Peas, Parmesan Cheese</p> <p>Romaine Salad with Chicken Breast, Black Beans, Corn, Red Bell Peppers, Cheese, Chipotle Salad Dressing</p>	<p>Baked Ziti with Turkey Kielbasa, Vegetable Medley, Garlic Bread, Fresh Cut Fruit</p> <p>Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips</p> <p>Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken Breast, Tossed with Lemon Vinaigrette</p>	<p>Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit</p> <p>Grilled Turkey Caprice Panini with Turkey, Spinach, Mozzarella, Tomato & Fresh Basil Pesto on Ciabatta Bread, Served with Lentil Soup</p> <p>Romaine Salad with Grape Tomato, Black Olives, Crouton, Breaded Chicken, Parmesan Cheese, Tossed in Italian Dressing</p>	<p>Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit</p> <p>Loaded Baked Potato with Chopped Brisket, Cheddar Cheese, BBQ Sauce, Sour Cream, Served with Broccoli & Cheese Soup.</p> <p>Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips</p>	<p>SCHOOL CLOSED</p>
24-Oct	25-Oct	26-Oct	27-Oct	28-Oct
<p>Parmesan & Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit</p> <p>Pasta Carbonara with Chicken Breast, Turkey Bacon, Peas, Parmesan Cheese</p> <p>Romaine Salad with Chicken Breast, Black Beans, Corn, Red Bell Peppers, Cheese, Chipotle Salad Dressing</p>	<p>Turkey and Cheese Sub Sandwich with Mayo & Lettuce, Apple Sauce, Fresh Cut Fruit</p> <p>Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie Chips</p> <p>Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken Breast, Tossed with Lemon Vinaigrette</p>	<p>Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit</p> <p>Grilled Turkey Caprice Panini with Turkey, Spinach, Mozzarella, Tomato & Fresh Basil Pesto on Ciabatta Bread, Served with Lentil Soup</p> <p>Romaine Salad with Grape Tomato, Black Olives, Crouton, Breaded Chicken, Parmesan Cheese, Tossed in Italian Dressing</p>	<p>Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit</p> <p>Loaded Baked Potato with Chopped Brisket, Cheddar Cheese, BBQ Sauce, Sour Cream, Served with Broccoli & Cheese 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>Grass-fed Meatloaf, Garlic Mashed Potatoes, Sautéed Green Beans</p> <p>California Turkey Wrap in Spinach Tortilla, Oven Baked Turkey, Spinach, Avocado & Tomato, Served with Fruit Salad</p>
31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
<p>Grassfed Beef Sloppy Joe Slider, Tater Tots, Fresh Corn, Fresh Cut Fruit</p> <p>Pasta Carbonara with Chicken Breast, Turkey Bacon, Peas, Parmesan Cheese</p> <p>Romaine Salad with Chicken Breast, Black Beans, Corn, Red Bell Peppers, Cheese, Chipotle Salad Dressing</p>				