



## INCARNATE WORD ACADEMY DAILY HOT LUNCH MENU 2023 – 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	<p><b>Oven Baked Chicken Tenders</b> <b>Chef's Choice of:</b> Mashed Potatoes Fresh Carrots, Zucchini, Yellow Squash, Broccoli and Peas Green Garden Salad</p>	<p><b>Crispy or Soft Beef Tacos</b> Mexican Rice Vegetarian Refried Beans <i>Optional Trimmings available:</i> Shredded Lettuce, Grated Cheese, Picante Sauce and Sour Cream <b>Soft Flour Tortillas</b></p>	<p><b>BBQ Chopped Beef</b> Sandwich Mac and Cheese Fresh Fruit</p>	<p><b>Spaghetti with Meat Sauce</b> Chef's Choice of Hot Vegetable Garlic Bread <b>NOTE:</b> <b>Plain Pasta seasoned with olive oil</b> <b>OR</b> <b>Spaghetti with Meatless Marinara</b> <b>PLEASE CONTACT OUR OFFICE TO REQUEST</b> <b>GLUTEN-FREE PASTA</b></p>	<p><b>Asian Stir Fry Rice with Chicken</b> Pineapple Fortune Cookies + <b>PIZZA BY THE SLICE &amp; PIZZA COMBO</b> <b>is available</b> <b>EVERY FRIDAY</b> <b>Ice Cream!</b></p>
WEEK B	<p><b>Grilled Chicken Breast Sliders</b> <b>with Ranch Mayonnaise</b> Broccoli and Rice Casserole Carrot Pineapple Salad</p>	<p><b>Chicken Fajitas</b> <i>Optional Trimmings available:</i> Shredded Lettuce, Picante Sauce and Sour Cream Black Beans Watermelon Slice or available Fruit in Season</p>	<p><b>Breakfast for Lunch</b> Pancakes and Syrup Bacon Fresh Fruits in Season</p>	<p><b>Spaghetti with Meat Sauce</b> Chef's Choice of Hot Vegetable Garlic Bread  <b>SEE NOTES ABOVE REGARDING</b> <b>OPTIONS AND SPECIAL REQUEST</b></p>	<p><b>Hot Dogs with Chili and Cheese</b> Corn Chips Fruit + <b>PIZZA BY THE SLICE &amp; PIZZA COMBO</b> <b>is available</b> <b>EVERY FRIDAY</b> <b>Ice Cream!</b></p>
WEEK C	<p><b>Lemon Rosemary Roasted</b> <b>Drumsticks</b> Roasted Sweet Potatoes Fresh Carrots, Zucchini, Yellow Squash, Broccoli, and Peas</p>	<p><b>Street Tacos</b> <b>Shredded Pork on Corn Tortillas</b> Served with above Sides Dressed w/Lime Cilantro Crema Shredded Lettuce &amp; Cabbage Pino Beans Watermelon Slice or available Fruit in Season</p>	<p><b>Cod Amandine</b> <b>or</b> <b>Oven Baked Cod</b> Homemade Mac and Cheese Chef's Choice of Peas and Carrots OR Green Beans</p>	<p><b>Spaghetti with Meat Sauce</b> Chef's Choice of Hot Vegetable Garlic Bread  <b>SEE NOTES ABOVE REGARDING</b> <b>OPTIONS AND SPECIAL REQUEST</b></p>	<p><b>Chicken Tetrazzini</b> French Bread Chef's Choice of Green Vegetable + <b>PIZZA BY THE SLICE &amp; PIZZA COMBO</b> <b>is available</b> <b>EVERY FRIDAY</b> <b>Ice Cream!</b></p>
WEEK D	<p><b>Wing-It</b> <b>Chef's Choice of the day:</b> BBQ, Oriental, Wild Herbed Pasta Celery and Carrot Sticks with Ranch Dressing</p>	<p><b>New Mexico</b> <b>Chicken and Sour Cream</b> <b>Enchilada Stack</b> <b>with Flour Tortillas</b> Mexican Rice Watermelon Slice or available Fruit in Season <u>Vegetarian Option any Tuesday</u> Cheese Quesadillas</p>	<p><b>"Wrap it Up"</b> <b>Grilled Chicken Caesar</b> Shredded Carrot, Romaine Caesar dressing Fruit and Chips</p>	<p><b>Spaghetti with Meat Sauce</b> Chef's Choice of Hot Vegetable Garlic Bread  <b>SEE NOTES ABOVE REGARDING</b> <b>OPTIONS AND SPECIAL REQUEST</b></p>	<p><b>Baked Potato Bar</b> All the trimmings Caesar Salad + <b>PIZZA BY THE SLICE &amp; PIZZA COMBO</b> <b>is available</b> <b>EVERY FRIDAY</b> <b>Ice Cream!</b></p>