



## Incarnate Word Academy DAILY HOT LUNCH MENU 2025 – 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	<p><b>Oven Baked Chicken Tenders</b> Mashed Potatoes <b>Chef's Choice of:</b> Fresh Carrots, Zucchini, Yellow Squash, Broccoli and Peas</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>Chopped BBQ Beef Sliders</b> Or <b>BBQ Stuffed Baked Potato</b> Mac and Cheese Green Vegetable Fresh Fruit in Season</p>	<p><b>Spaghetti with Meat Sauce</b> <b>Chef's Choice of</b> Hot Vegetable Garlic Bread <b>NOTE:</b> <b>Plain Pasta seasoned with olive oil</b> OR <b>Spaghetti with Meatless Marinara</b> <i>PLEASE CONTACT OUR OFFICE TO REQUEST GLUTEN-FREE PASTA</i></p>	<p><b>Asian Stir Fry Rice with Chicken</b> Pineapple Fortune Cookies + <b>PIZZA BY THE SLICE</b> OR <b>As a HOT LUNCH</b> Available w/sides of Hot Lunch EVERY FRIDAY  <b>Ice Cream EVERY FRIDAY!</b> -</p>
WEEK B	<p><b>Oven Baked Chicken Tenders</b> Buttered Rice <b>Chef's Choice of:</b> Fresh Carrots, Zucchini, Yellow Squash, Broccoli and Peas</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 Sliced Bacon Fresh Fruits in Season</p>	<p><b>Spaghetti with Meat Sauce</b> <b>Chef's Choice of</b> Hot Vegetable Garlic Bread  <b>SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST</b></p>	<p><b>Hot Dogs with Chili and Cheese</b> Corn Chips Fresh Fruit in Season + <b>PIZZA BY THE SLICE</b> OR <b>As a HOT LUNCH</b> Available w/sides of Hot Lunch <b>Ice Cream EVERY FRIDAY</b></p>
WEEK C	<p><b>Oven Baked Chicken Tenders</b> Mashed Potatoes <b>Chef's Choice of:</b> Fresh Carrots, Zucchini, Yellow Squash, Broccoli, Green Beans and Peas</p>	<p><b>New Mexico Chicken and Sour Cream Enchilada Stack with Flour Tortillas</b> Mexican Rice Watermelon Slice or available Fruit in Season</p>	<p><b>Oven Baked Cod</b> Homemade Mac and Cheese <b>Chef's Choice of:</b> vegetables</p>	<p><b>Spaghetti with Meat Sauce</b> <b>Chef's Choice of</b> Hot Vegetable Garlic Bread  <b>SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST</b></p>	<p><b>Chicken Tetrizzini</b> French Bread Chef's Choice of Green Vegetable + <b>PIZZA BY THE SLICE</b> OR <b>As a HOT LUNCH</b> Available w/sides of Hot Lunch <b>Ice Cream EVERY FRIDAY</b></p>
WEEK D	<p><b>Oven Baked Chicken Tenders</b> Herbed Pasta House Green Salad with Ranch Dressing</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 Pinto Beans Watermelon Slice or available Fruit in Season  <b><u>Vegetarian Option any Tuesday</u></b> Cheese Quesadillas</p>	<p><b>Breakfast for Lunch</b> Pancakes and Syrup Bacon Fresh Fruits in Season</p>	<p><b>Spaghetti with Meat Sauce</b> <b>Chef's Choice of</b> Hot Vegetable Garlic Bread  <b>SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST</b></p>	<p><b>"Wrap it Up"</b> <b>Grilled Chicken Caesar Wrap</b> Ruffles Chips Fresh Fruit in Season + <b>PIZZA BY THE SLICE</b> OR <b>As a HOT LUNCH</b> Available w/sides of Hot Lunch <b>Ice Cream EVERY FRIDAY</b></p>