Incarnate Word Academy
DAILY HOT LUNCH MENU – 2026 - 2027

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	**Oven Baked Chicken Tenders** Mashed Potatoes **Chef's Choice of:** Freshly Cooked Carrots, Zucchini, Yellow Squash, Broccoli and Peas	**Beef Tacos** Mexican Rice Refried Beans *Optional Trimmings available*: Shredded Lettuce, Grated Cheese, Picante Sauce and Sour Cream **Soft Flour Tortillas**	**Chicken Tetrazzini** French Bread Fresh Fruit	**Spaghetti with Meat Sauce** **Chef's Choice of** Hot Vegetable or House Salad Garlic Bread **NOTE:** **Plain Pasta seasoned with olive oil** **OR** **Spaghetti with Meatless Marinara** ***PLEASE CONTACT OUR OFFICE TO REQUEST GLUTEN-FREE PASTA***	**Street Tacos** **Shredded Pork on Flour Tortillas** Lime Crema and Shredded Cabbage Mexican Street Corn – off the cob Available Fruit in Season + **CHEESE OR PEPPERONI PIZZA BY THE SLICE (2/order) OR AS A HOT LUNCH** Available w/sides of Hot Lunch
WEEK B	**Oven Baked Chicken Tenders** Mac and Cheese Fresh Cut Vegetables with Ranch	**Chicken Fajitas** *Optional Trimmings available*: Shredded Lettuce, Picante Sauce and Sour Cream Mexican Rice Charro Beans	**Breakfast for Lunch** Pancakes and Syrup Sliced Bacon Fresh Fruits in Season	**Spaghetti with Meat Sauce** **Chef's Choice of** Hot Vegetable or House Salad Garlic Bread **SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST**	**Hot Dogs with Chili and Cheese** Corn Chips Fresh Fruit in Season + **CHEESE OR PEPPERONI PIZZA BY THE SLICE (2/order) OR AS A HOT LUNCH** Available w/sides of Hot Lunch -
WEEK C	**Oven Baked Chicken Tenders** Mashed Potatoes **Chef's Choice of:** Freshly Cooked Carrots, Zucchini, Yellow Squash, Broccoli and Peas	**Beef Tacos** Mexican Rice Refried Beans *Optional Trimmings available*: Shredded Lettuce, Grated Cheese, Picante Sauce and Sour Cream **Soft Flour Tortillas**	**Oven Baked and lightly breaded Cod with Tartar Sauce** Homemade Mac and Cheese Fresh Fruit	**Spaghetti with Meat Sauce** **Chef's Choice of** Hot Vegetable or House Salad Garlic Bread **SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST**	**Asian Stir Fry Rice with Chicken** Pineapple Fortune Cookies + **CHEESE OR PEPPERONI PIZZA BY THE SLICE (2/order) OR AS A HOT LUNCH** Available w/sides of Hot Lunch
WEEK D	**Oven Baked Chicken Tenders** Herbed Pasta Fresh Cut Vegetables with Ranch	**Beef and Cheese Enchilada Stack** Buttered Rice Green Salad **Vegetarian Option any Tuesday** Cheese Quesadillas	**Breakfast for Lunch** Waffles and Syrup Patty Sausage Fresh Fruits in Season	**Spaghetti with Meat Sauce** **Chef's Choice of** Hot Vegetable or House Salad Garlic Bread **SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST**	**Hot Dogs with Chili and Cheese** Corn Chips Fresh Fruit in Season + **CHEESE OR PEPPERONI PIZZA BY THE SLICE (2/order) OR AS A HOT LUNCH** Available w/sides of Hot Lunch