



INCARNATE WORD ACADEMY DAILY HOT LUNCH MENU 2024 – 2025

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