



August 2009
Incarnate Word Academy

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
POTATOES				14
<p>Although potatoes are often overlooked as a huge carbohydrate when it comes to nutrition, they may need to be reconsidered as a valuable source of vitamins and minerals.</p> <p>Potatoes have Calcium, Iron, Magnesium 21% of USDA daily value, Phosphorus 21%, Potassium, Zinc, Copper, Manganese 33%, Selenium, Vitamin C 48%, Thiamin 13%, Riboflavin, Niacin 21%, Vitamin B6 46%, Folate & Pantothenic Acid 11%.</p> <p>With all of the anti- stress Vitamin B is it any wonder we run to them as comfort food?</p>				<p>Hot Pizza! Choose Cheese or Pepperoni made with our homemade sauce Caesar Salad Choice of milk, juice, or bottled spring water</p>
17 Hot oven baked chicken drummetts Whipped Buttery Mashed Potatoes Hot Steamy Green Beans Choice of milk, juice, or bottled spring water	18 Chinese Fried Rice with chicken and vegetables Crispy Vegetable Egg Rolls Pineapple Chunks Fortune Cookie Choice of milk, juice, or bottled spring water	19 Choose Chicken Filet, Hamburger, or Cheeseburger with self-serve toppings on the side Oven Crisped Tater Tots (0 Trans Fats) Fruit Choice of milk, juice, or bottled spring water	20 Manicotti stuffed with cheese Hot steamy Green Beans Tropical Fruit Salad Choice of milk, juice, or bottled spring water	21 Hot Pizza! Choose Cheese or Pepperoni made with our homemade sauce Salad Choice of milk, juice, or bottled spring water
24 Chicken and Cheese Crisпитos with salsa and sour cream on the side Spanish Rice Refried Beans Choice of milk, juice, or bottled spring water	25 Steak Fingers with BBQ dipping sauce available Mashed Potatoes Hot Steamy Vegetable Choice of milk, juice, or bottled spring water	26 Crispy Fish Sticks with Ketchup and Tarter Sauce on the side Hot Steamy Vegetable Warm Cinnamon Roll Choice of milk, juice, or bottled spring water	27 Spaghetti with CFKid's incredible meat sauce Steamy Green Vegetable Warm Toasted Garlic bread Choice of milk, juice, or bottled water	28 Hot Pizza! Choose Cheese or Pepperoni made with our homemade sauce Salad Choice of milk, juice, or bottled spring water
31 Meatball Subs on a French Roll topped with our homemade marinara sauce and mozzarella Cold Peaches Green Leaf Salad Choice of milk, juice, or bottled spring water	September 1 Hot Lasagna Warm Toasted Garlic Bread Green Leaf Salad Choice of milk, juice, or bottled spring water	2 Popcorn Shrimp (oven crisped) on French Bread with tarter sauce available Fresh sliced cucumbers with Ranch Dip Cold Cantaloupe Slices Choice of milk, juice, or bottled spring water	3 Manicotti stuffed with cheese Hot steamy Green Beans Tropical Fruit Salad Choice of milk, juice, or bottled spring water	4 Hot Pizza! Choose Cheese or Pepperoni made with our homemade sauce Caesar Salad Choice of milk, juice, or bottled spring water