

## Incarnate Word Academy School Menu August--2021

Monday	Tuesday	Wednesday	Thursday	Friday
2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
	Grilled Turkey and Cheddar Sandwich, Sweet Potato Tots, Steamed Broccoli,	Pasta Primavera with Turkey Sausage, Oven Roasted Zucchini, Fresh Cut	Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit	Beef Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta
Fresh Cut Fruit	Fresh Cut Fruit	Fruit		Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit
Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken	Field Green Salad with Roasted Butternut Squash, Roasted Turkey Breast,	Chicken Fettuccini Alfredo with Mushrooms and Peas, Garlic Bread	Chicken Parmesan with Marinara Sauce, Angel Hair Pasta, Sautéed Broccoli	Breaded Chicken Breast Stuffed with Spinach and Cheese, Rice Pilaf,
Breast, Tossed with Lemon Vinaigrette	Fresh Pomegranate and Feta Cheese, Tossed with Roasted Shallot	Chicken Fettucciiii Ainedo with Musili oonis and Feas, Gariic Bread	Chicken Farmesan with Marinara Sauce, Anger Hair Fasta, Sauteeu Broccon	,
breast, rossed with terrior virialgrette	Vinaigrette			Seasonal Vegetables
	viriaigrette			
Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers,	Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie	BBQ Brisket Burger, Roasted Red Potatoes Carrots, Served with Coleslaw	Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House	Asian Stir Fry Spaghetti with Seasonal Vegetable With Chicken Breast
Caramelized Onions & Pesto on Ciabatta Bread, Served with Broccoli Soup	Chips		Made Veggie Chips	-
16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
Chicken & Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit	Turkey and Cheese Wrap, Sliced Cucumbers, Vanilla Yogurt, Fresh Cut Fruit	Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit	Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut
			Fruit	Fruit
Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken	Field Green Salad with Roasted Butternut Squash, Roasted Turkey Breast,	Chicken Fettuccini Alfredo with Mushrooms and Peas, Garlic Bread	Chicken Parmesan with Marinara Sauce, Angel Hair Pasta, Sautéed Broccoli	Breaded Chicken Breast Stuffed with Spinach and Cheese, Rice Pilaf,
Breast, Tossed with Lemon Vinaigrette	Fresh Pomegranate and Feta Cheese, Tossed with Roasted Shallot			Seasonal Vegetables
	Vinaigrette			
Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers,	Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie	BBQ Brisket Burger, Roasted Red Potatoes Carrots, Served with Coleslaw	Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House	Asian Stir Fry Spaghetti with Seasonal Vegetable With Chicken Breast
Caramelized Onions & Pesto on Ciabatta Bread, Served with Broccoli Soup	Chips		Made Veggie Chips	
23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
Grassfed Beef Sloppy Joe Slider, Sweet Potato Tots, Fresh Corn, Fresh Cut	Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh	Baked Ziti with Turkey Kielbasa, Vegetable Medley, Garlic Bread, Fresh Cut	Chicken Meatballs, Mashed Potatoes with Cheddar Cheese, Oven Roasted	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup,
Fruit	Baked Baguette, Fresh Cut Fruit	Fruit	Carrots, Fresh Cut Fruit	Fresh Cut Fruit
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Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken	Field Green Salad with Roasted Butternut Squash, Roasted Turkey Breast,	Chicken Fettuccini Alfredo with Mushrooms and Peas, Garlic Bread	Chicken Parmesan with Marinara Sauce, Angel Hair Pasta, Sautéed Broccoli	Breaded Chicken Breast Stuffed with Spinach and Cheese, Rice Pilaf,
Breast, Tossed with Lemon Vinaigrette	Fresh Pomegranate and Feta Cheese, Tossed with Roasted Shallot			Seasonal Vegetables
	Vinaigrette			
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Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers, Caramelized Onions & Pesto on Ciabatta Bread, Served with Broccoli Soup	Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie	BBQ Brisket Burger, Roasted Red Potatoes Carrots, Served with Coleslaw	Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House	Asian Stir Fry Spaghetti with Seasonal Vegetable With Chicken Breast
Caramenzed Unions & Pesto on Clabatta Bread, Served with Broccoli Soup	Chips		Made Veggie Chips	
30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted	Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked			
Carrots, Fresh Cut Fruit	Yellow Squash, Fresh Cut Fruit			
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Organic Kale Salad with Cranberry, Apple, Almonds & Breaded Chicken	Field Green Salad with Roasted Butternut Squash, Roasted Turkey Breast,			
Breast, Tossed with Lemon Vinaigrette	Fresh Pomegranate and Feta Cheese, Tossed with Roasted Shallot			
	Vinaigrette			
Grilled Veggie Panini with Spinach, Portabella Mushrooms, Bell Peppers,	Chicken Salad Sandwich with Spring Mix on Croissant, House Made Veggie			
Caramelized Onions & Pesto on Ciabatta Bread, Served with Broccoli Soup	Chips			
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