

Incarnate Word Academy School Menu November--2020

Monday 2-Nov	Tuesday 3-Nov	Wednesday 4-Nov	Thursday 5-Nov	Friday 6-Nov
Chicken & Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips, Fresh Cut Fruit Chicken Caesar Salad, Romaine, Croutons, Parmesan Cheese, Grape Tomato and Caesar Salad Dressing	Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit California Club Panini on Ciabatta Bread, Turkey, Turkey Bacon, Swiss, Guacamole, Tomato and Spinach, Served with Creamy Tomato Basil Soup Organic Kale Salad with Cranberry, Apple and Breaded Chicken Breast Tossed with Lemon Vinaigrette		Sweet and Sour Chicken, Steamed Rice, Broccoli, Fresh Cut Fruit Loaded Baked Potato: BBQ Brisket, Cheddar, Sour Cream, BBQ Sauce, Butter. Mandarin Chicken Salad: Field Greens, Dried Cranberry, Mandarin, Toasted Pecan and Breaded Chicken Breast Tossed with Balsamic Vinaigrette	Beef Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit Grilled Veggie Panini on Ciabatta Bread, Spinach, Portabella Mushrooms, Bell Peppers, Grilled Zucchini, Caramelized Onions and Pesto, Served with Broccoli Soup Romaine Salad with Grape Tomato, Black Olives, Croutons, Breaded Chicken, Parmesan Cheese, Tossed in Italian Dressing
9-Nov	10-Nov	11-Nov	12-Nov	13-Nov
BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips, Fresh Cut Fruit Chicken Caesar Salad, Romaine, Croutons, Parmesan Cheese, Grape Tomato and Caesar Salad Dressing	Chicken Baked Ziti, Vegetable Medley, Garlic Bread, Fresh Cut Fruit California Club Panini on Ciabatta Bread, Turkey, Turkey Bacon, Swiss, Guacamole, Tomato and Spinach, Served with Creamy Tomato Basil Soup Organic Kale Salad with Cranberry, Apple and Breaded Chicken Breast Tossed with Lemon Vinaigrette		Baked Chicken Breast with Mild Creamy Anaheim Sauce, Steamed Rice, Green Peas & Diced Carrots, Fresh Cut Fruit Loaded Baked Potato: BBQ Brisket, Cheddar, Sour Cream, BBQ Sauce, Butter. Mandarin Chicken Salad: Field Greens, Dried Cranberry, Mandarin, Toasted Pecan and Breaded Chicken Breast Tossed with Balsamic Vinaigrette	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit Grilled Veggie Panini on Ciabatta Bread, Spinach, Portabella Mushrooms, Bell Peppers, Grilled Zucchini, Caramelized Onions and Pesto, Served with Broccoli Soup Romaine Salad with Grape Tomato, Black Olives, Croutons, Breaded Chicken, Parmesan Cheese, Tossed in Italian Dressing
16-Nov	17-Nov	18-Nov	19-Nov	20-Nov
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips, Fresh Cut Fruit Chicken Caesar Salad, Romaine, Croutons, Parmesan Cheese, Grape Tomato and Caesar Salad Dressing	Grilled Beef Brisket and Cheddar Sandwich, Sweet Potato Tots, Steamed Broccoli, Fresh Cut Fruit California Club Panini on Ciabatta Bread, Turkey, Turkey Bacon, Swiss, Guacamole, Tomato and Spinach, Served with Creamy Tomato Basil Soup Organic Kale Salad with Cranberry, Apple and Breaded Chicken Breast Tossed with Lemon Vinaigrette		Oven Roasted Turkey, Mashed Potato, Fresh Green Beans, Dinner Roll, Fresh Cut Fruit Loaded Baked Potato: BBQ Brisket, Cheddar, Sour Cream, BBQ Sauce, Butter. Mandarin Chicken Salad: Field Greens, Dried Cranberry, Mandarin, Toasted Pecan and Breaded Chicken Breast Tossed with Balsamic Vinaigrette	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit Grilled Veggie Panini on Ciabatta Bread, Spinach, Portabella Mushrooms, Bell Peppers, Grilled Zucchini, Caramelized Onions and Pesto, Served with Broccoli Soup Romaine Salad with Grape Tomato, Black Olives, Croutons, Breaded Chicken, Parmesan Cheese, Tossed in Italian Dressing
23-Nov	24-Nov	25-Nov	26-Nov	27-Nov
SCHOOL CLOSED	SCHOOL CLOSED		SCHOOL CLOSED	SCHOOL CLOSED
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec
Chicken & Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit Tuna Apple Pecan Salad with Spring Mix on Cranberry Walnut Bread, House Made Veggie Chips, Fresh Cut Fruit Chicken Caesar Salad, Romaine, Croutons, Parmesan Cheese, Grape Tomato and Caesar Salad Dressing				