






**January 2019 Lunch Menu**  
**TOMMY'S FOOD SERVICE @ School of the Incarnation**  
**"Great Food for Great Kids"**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>SCHOOL CLOSED</b>  <b>Happy New Year!</b>	2 <b>Spaghetti w/ meatballs</b> in marinara sauce, and tossed salad	3 <b>Breakfast for lunch</b> Pancake, or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar	4 <b>Pizza Day</b>  Better Ingredients. Better Pizza.
7 <b>Cheese Ravioli, or Buttered noodles w/ meatballs,</b> and tossed salad	8 <b>Gyro w/ tzatziki sauce, or Chicken Tenders,</b> French Fries and sliced cucumber	9 <b>Soft beef tacos w/ cheese, Spanish rice or Buttered noodles,</b> and steamed corn	10 <b>Breakfast for lunch</b> Pancake, or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar	11 <b>Pizza Day</b>  Better Ingredients. Better Pizza.
14 <b>Philly cheesesteak or Chicken Tenders,</b> French Fries and sliced cucumber	15 <b>Corndog, Homemade Mac N Cheese or Buttered noodles</b> and steamed green beans	16 <b>BBQ Chicken Breast or Chicken Patty sandwich,</b> mashed potato, gravy & steamed veggies	17 <b>Breakfast for lunch</b> Pancake, or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar	18 <b>Pizza Day</b>  Better Ingredients. Better Pizza.
21 <b>SCHOOL CLOSED</b>  <b>MLK Holiday</b>	22 <b>Spaghetti w/ meatballs</b> in marinara sauce, and tossed salad	23 <b>Breakfast for lunch</b> Pancake, or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar	24 <b>Pizza Day</b>  Better Ingredients. Better Pizza.	25 <b>Early Dismissal</b>  <b>Cafeteria Closed</b>
28 <b>Cheeseburger or Chicken Patty,</b> French Fries and sliced cucumber Liturgy	29 <b>Chicken Tenders,</b> mashed potato, gravy & steamed veggies	30 <b>Breakfast for lunch</b> Pancake, or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar	31 <b>Pizza Day</b>  Better Ingredients. Better Pizza.	1 <b>Early Dismissal</b>  <b>Cafeteria Closed</b>

**Combo lunch** is \$5.00 it includes the **entrée**, choice of milk or juice or bottled water. **Hotdog or grilled cheese**, plus a side & drink (milk, juice or bottled water) is also combo lunch. **Available daily except pizza day:** variety of subs, hotdog, and grilled cheese sandwich, homemade soup, pretzel and **freshly baked cookies daily**. Nachos w/ cheese on Wednesday. Ice cream on Tuesday & Pizza Day. We do not deep fry any food. **Prices and menu may change without notice.**

<b>Ala Carte Price List Only</b> <b>Not available daily</b>
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<b>Available Daily:</b> Hotdog -----\$2.60 Grilled Cheese -----\$2.60 Turkey & Cheese Sub -----\$3.25 Ham & Cheese Sub -----\$3.25 <b>Homemade Soup:</b> -----\$2.60 chicken noodle tomato cheesy potato <b>Assorted Salad:</b> -----\$4.00 Greek, Chicken, Tuna, or Egg <b>Beverage:</b> Milk or juice ----- \$0.80 Bottled water -----\$1.00 Gatorade -----\$1.50 Flavored Water -----\$1.50	<b>Available Daily:</b> Cookies -----\$1.00 Potato Chips (1 oz) -----\$0.90 Sun Chip (1.5 oz) -----\$1.25 Pretzel -----\$0.90 Fruit (whole apple or orange) -----\$1.25 Fresh Fruit in Cup (sliced) -----\$1.75 Yogurt (Yoplait) ----- \$1.25 Veggie (tossed salad, carrots or sliced cucumber, baked beans) -----\$1.75 Nacho Chips w/ cheese Wed only ---\$2.00 Ice cream Tue & Pizza day ---\$0.90; \$1.25 <b>Not Available Daily:</b> French Fries or Tater tots -----\$2.50 Rice or Mashed potato -----\$2.50 Buttered noodles -----\$2.50	<b>Not Available Daily:</b> Chicken Patty Sandwich -----\$3.50 Chicken tenders (3pcs) -----\$3.00 Chicken wings (4pcs) -----\$4.00 Cheeseburger -----\$3.50 Corndog -----\$2.60 Ham & Cheese Pretzel Bun-----\$3.50 Meatballs (4pcs) -----\$2.25 Meatball sub -----\$2.60 Pancake 3/ French toast stick ---\$3.00 Philly cheesesteak -----\$3.50 Pizza (1 sliced) -----\$2.20 Popcorn Shrimp -----\$3.50 Soft beef taco (1) -----\$1.00 Mac N Cheese -----\$3.50 Ravioli (7 pcs) -----\$3.50 Ziti -----\$3.50
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Please call us at the school cafeteria 410-519-2285 Ext. 2504 or E-mail us at [lunch@schooloftheincarnation.org](mailto:lunch@schooloftheincarnation.org) for any inquiries.

*Thank you, Tommy and Gina*