


March 2020 Lunch Menu
TOMMY'S FOOD SERVICE @ School of the Incarnation
"Great Food for Great Kids"

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese Ravioli or buttered noodles w/ marinara sauce, meatballs and tossed salad	3 Chicken patty sandwich, waffles Fries and sliced cucumber	4 Chicken tenders mashed potato, gravy, and steamed green beans	5 Pizza Day  Better Ingredients. Better Pizza.	6 Early Dismissal Cafeteria Closed
9 Spaghetti w/ marinara sauce, meatballs and tossed salad	10 Cheeseburger, French Fries and sliced cucumber	11 Baked Potato Bar w/ toppings: bacon bits, butter, melted cheese, sour cream and steamed broccoli	12 Breakfast for lunch Pancake, or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar	13 Pizza Day  Better Ingredients. Better Pizza.
16 Corndog, Homemade Mac N Cheese and steamed green beans	17 Chicken tenders, French Fries and sliced cucumber	18 Soft beef tacos w/ cheese, Spanish rice or buttered noodles and steamed corn	19 Pizza Day  Better Ingredients. Better Pizza.	20 Early Dismissal Cafeteria Closed
23 Chicken tenders mashed potato, gravy, and steamed green beans	24 Buttered noodle w/ marinara sauce, meatballs and tossed salad	25 Cheeseburger, French Fries and sliced cucumber Liturgy 1:30	26 Breakfast for lunch Pancake, or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar	27 Pizza Day  Better Ingredients. Better Pizza.
30 Cheese Ravioli or buttered noodles w/ marinara sauce, meatballs and tossed salad	31 Chicken patty sandwich, waffles Fries and sliced cucumber	Apr 1 Soft beef tacos w/ cheese, Spanish rice or buttered noodles and steamed corn	Apr 2 Pizza Day  Better Ingredients. Better Pizza.	Apr 3 Early Dismissal Cafeteria Closed

Combo lunch is \$5.25 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 on Wednesdays, ice cream on Tuesdays & pizza day. We do not deep fry any food. **Prices and menu may change without notice.**

Ala Carte Price List Only
Not available daily

Available Daily: Hotdog \$2.75 Grilled Cheese \$2.75 Turkey & Cheese Sub \$3.40 Ham & Cheese Sub \$3.40 Homemade Soup: \$2.75 chicken noodle tomato cheesy potato bean soup Assorted Salad: \$4.25 Greek, Chicken, Tuna, or Egg Beverage: Milk or juice \$0.80 Bottled water \$1.00 Gatorade \$1.50	Available Daily Cookies (3oz) \$1.25 Potato Chips (1oz) \$1.00 Sun Chips \$1.25 Pretzel, Jello w/ whip cream \$1.00 Fruit (whole apple or orange) \$1.40 Fresh Fruit in Cup (sliced) \$1.75 Yogurt (Yoplait) \$1.35 Veggie (tossed salad, carrots or sliced cucumber) \$2.00 Tuesdays & Pizza day only Ice cream \$1.00 Twister 1.35 Wednesday only: Nacho Chips w/ cheese \$2.25 Not Available Daily: French Fries or Tater tots \$2.75 Rice or Mashed potato \$2.75	Buttered noodles \$2.75 Chicken Patty Sandwich \$3.75 Chicken tenders (3pcs) \$3.25 Chicken wings (4pcs) \$4.50 Cheeseburger \$3.75 Corndog \$2.75 Meatballs (4pcs) \$2.50 Meatball sub \$2.75 Pancake 3/ French toast stick \$3.25 Philly cheesesteak \$3.75 Pizza (1 sliced) \$2.30 Popcorn Shrimp \$3.75 Soft beef taco (1) \$1.15 Mac N Cheese \$3.75 Ravioli (7 pcs) \$3.75 Ziti \$3.75
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Please call us at the school cafeteria 410-519-2285 Ext. 2504 or E-mail us at lunch@schooloftheincarnation.org for any inquiries.

Thank you, Tommy and Gina