

October 2025 Lunch Menu
TOMMY'S FOOD SERVICE @ School of the Incarnation
"Great Food for Great Kids"

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pancakes or French Toast Sticks Sausages, Tater Tots and Cinnamon Apples	2 Pizza Day 	3 Cafeteria Closed
6 Corn Dogs or Chicken Nuggets French Fries Mixed Vegetables	7 Rotini in Marinara Sauce Meatballs Tossed Salad	8 Baked Potato Bar, with bacon bits, cheese, and sour cream. Served with a side of Steamed Broccoli	9 Pancakes or French Toast Sticks Sausages, Tater Tots and Cinnamon Apples	10 Pizza Day 
13 Cafeteria Closed	14 Shells in Marinara Sauce Meatballs Tossed Salad	15 Hamburgers or Cheeseburgers French Fries Veggies	16 Pancakes or French Toast Sticks Sausages, Tater Tots and Cinnamon Apples	17 Pizza Day 
20 Chicken Tenders or Chicken Nuggets French Fries Carrots	21 Baked Ziti with Marinara or meat Sauce Topped with Mozzarella Meatballs Tossed Salad	22 Boneless Chicken Wings served with a side of waffle fries, Carrots/Celery sticks with Ranch sauce	23 Pancakes or French Toast Sticks Sausages, Tater Tots and Cinnamon Apples	24 Pizza Day 
27 Chicken Patties Waffle Fries Carrots	28 Cheese Ravioli or Butter Noodles in Marinara Sauce Meatballs Tossed Salad	29 Pancakes or French Toast Sticks Sausages, Tater Tots and Cinnamon Apples	30 Pizza Day 	31 Cafeteria Closed

Combo lunch is \$7.00. It includes the entrée, sides listed and a choice of milk, juice or water. **Hot dogs or grilled cheese** plus the sides and drink (milk, juice or water) is also a combo lunch. **See below for available daily items.** The only exception is **pizza day**: hot dogs and chicken nuggets are not available. We do not deep fry any food. **Prices and menu are subject to change without notice.**

Tuesday: Ice Cream Wednesday: Nachos Friday: Ice Cream

Chicken Nuggets	\$3.75	GoGurt Yogurt Tube	\$1.05	Mac and Cheese	\$3.95
Homemade Soup	\$2.90	Pretzel Logs	\$1.95	Buttered Noodles	\$2.90
Chicken Noodle or		Fruit (Apple or Orange)	\$1.50	Chicken Patty Sandwich	\$3.95
Tomato or		Fresh Fruit Cup/Cereal	\$2.50	Chicken Tenders (3 pcs)	\$3.75
Vegetable		String cheese	\$1.05	Cheeseburger/Hamburger	\$3.95
Salad/Sandwiches		Pudding/Jello	\$2.00	Corn dog	\$2.90
Side Salad	\$2.00	Tuesday and Pizza Days		Meatballs (4 pcs)	\$2.75
Chicken, Tuna, Egg, Lg. Garden	\$5.50	Ice cream cup	\$1.10	Meatball Sub	\$4.00
Beverage		Twister	\$2.10	Pancakes/French toast/Waffles	\$3.75
Gatorade/Propel	\$1.85	Scooter bar	\$1.60	Pizza (1 slice)	\$2.95
Milk or Juice	\$1.00	Supreme cup	\$3.75		
Bottled Water	\$1.05	Cookies	\$1.30		
		Wednesdays ONLY			
		Nachos, Chips and Cheese	\$2.80		

Please call us at the school cafeteria 410-519-2285 Ext. 2504 or E-mail us at lunch@schooloftheincarnation.org for any inquiries.

[Nutritional Info](#)

Thank you, Tommy and Arianna