

October 2024 Lunch Menu
TOMMY'S FOOD SERVICE @ School of the Incarnation
"Great Food for Great Kids"

Monday	Tuesday	Wednesday	Thursday	Friday
30	1 Rotini in marinara sauce, meatballs and tossed salad	2 Breakfast for lunch Pancakes or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar	3 Pizza day  Better Ingredients. Better Pizza. 8th Retreat	4 School Closed
7 School Closed	8 Shells in marinara sauce, meatballs and tossed salad	9 Walking taco , Spanish rice and corn	10 Breakfast for lunch Pancakes or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar	11 Pizza Day  Better Ingredients. Better Pizza. 2nd grade field trip
14 Cheeseburgers/Hamburgers , French fries and veggies	15 Cheese Ravioli in marinara sauce, meatballs and tossed salad	16 Chicken tenders , homemade mac and cheese and veggies	17 Breakfast for lunch Pancakes or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar 10 am School Mass	18 Pizza Day  Better Ingredients. Better Pizza.
21 Chicken Patty Sandwich , French fries and veggie	22 Baked Ziti in marinara sauce, mozzarella, parmesan cheese, meatballs and tossed salad	23 Philly Cheesesteak , French fries and veggies	24 Breakfast for lunch Pancakes or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar.	25 Pizza Day  Better Ingredients. Better Pizza.
28 Corn dog/Chicken Nuggets , homemade mac & cheese and veggie Half 5th field trip	29 Bow Tie in marinara sauce, meatballs and tossed salad 1st grade field trip Half 5th field trip	30 Breakfast for lunch Pancakes or French toast sticks, sausage, tater tots and baked apples w/ cinnamon sugar.	31 Pizza Day  Better Ingredients. Better Pizza.	

Combo lunch is \$6.50. 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. Nachos are available on Wednesdays. Ice cream is available on Tuesdays and Pizza days. We do not deep fry any food. **Prices and menu are subject to change without notice.**

Available Daily		Available Daily		Extras When Available	
Hot dog	\$2.75	Cookies	\$1.25	French Fries	\$2.75
Grilled Cheese	\$2.75	Chips	\$1.25	Rice or Potato	\$2.75
Chicken Nuggets	\$3.75	Soft Pretzels or	\$1.50	Waffle/Curly Fries/Tater tots	\$2.95
Homemade Soup	\$2.75	Pretzel Logs or Bites	\$1.95	Buttered Noodles	\$2.75
Chicken Noodle or		Fruit (Apple or Orange)	\$1.50	Chicken Patty Sandwich	\$3.95
Tomato or		Fresh Fruit in a Cup	\$2.50	Chicken Tenders (3 pcs)	\$3.75
Vegetable		Yogurt (Yoplait)	\$1.75	Cheeseburger/Hamburger	\$3.95
		GoGurt Yogurt Tube	\$1.00	Corn dog	\$2.75
Salad/Sandwiches		String cheese	\$0.60	Meatballs (4 pcs)	\$2.50
Chicken, Tuna, Egg, Lg. Garden	\$4.75	Veggie (tossed salad, carrots or sliced cucumber	\$2.00	Meatball Sub	\$4.00
Garden Salad	\$2.00	Pudding/Jell-o	\$2.00	Pancakes (3)/French toast sticks (3-4)	\$3.50
Beverage		Tuesdays and Pizza Days ONLY		Philly Cheesesteak	\$4.50
Milk or Juice	\$0.90	Ice cream cup	\$1.00	Pizza (1 slice)	\$2.85
Bottled Water	\$1.00	Twister	\$1.75	Mac and Cheese	\$3.95
Gatorade/Propel	\$1.75	Scooter Bar	\$1.50	Cheese Ravioli (7 pcs)	\$3.95
		Wednesdays ONLY		Walking Taco	\$4.25
		Nachos, Chips and Cheese	\$2.75	Fish sandwich	\$4.00
				Baked Potato W/Fixings	\$6.50

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