

April 2022

LUNCH MENU

International School of Texas

Monday	Tuesday	Wednesday	Thursday	Friday
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				PIZZA DAY!! Mixed Veggies GF, DF, V Fresh Fruit *Beef Burgers/Veggie burgers
4	5	6	7	8
Chicken Pot Pie Roasted Broccoli GF, DF, V Fresh Fruit *Breaded Chicken sandwich Veggies & fruit	Turkey & Rice Buddha Bowl GF DF Zucchini GF, DF, V Fresh Fruit *All Beef Hotdog Goldfish & fruit	Brisket Sandwich Carrot & Celery Sticks GF, DF, V Fresh Fruit *ham & cheese sandwich Popcorn & fruit	Pulled Pork Mac n Cheese V Green Beans GF, DF, V Fresh Fruit *Chicken Ranch wrap Green bean salad & fruit	Turkey Burgers DF Sweet Potato Tots GF DF V Mixed Veggies GF, DF, V Fresh Fruit *Veggie Burger
11	12	13	14	15
Roasted Turkey Breast GF, DF, V Mashed Potatoes GF, V Peas & Carrots GF, DF, V Fresh Fruit *Meaty Italian sub Veggies & fruit	Beef & Veggie Burrito Bowl Cilantro Rice GF, DF, V Pinto Beans GF, DF, V Fresh Fruit *BLT Potato salad & fruit	Pesto pasta w/Chicken Cucumber salad Fresh fruit *Turkey & Cheese Sandwich Cucumber Salad Fresh Fruit	Garlic & Herb Chicken Breast GF, DF Rice Pilaf GF, DF, V Roasted Root Veggies GF, DF, V Fresh Fruit *Meatball sub Veggies & fruit	<p style="text-align: center;">Good Friday!!!</p>
18	19	20	21	22
Chicken & Rice Casserole Zucchini & Squash GF, DF, V Fresh Fruit *Sloppy Joe's Chopped salad & fruit	Turkey Tacos DF Pinto Beans GF, DF, V Bell Pepper Strips GF, DF, V Fresh Fruit *Chicken, Bacon, ranch sub Veggies & fruit	Hot Roast Beef Sandwich French Fries Garden salad GF, DF, V Fresh Fruit	Spaghetti & Meatballs E Green Peas GF, DF, V Fresh Fruit *Pulled pork sandwich corn salad & fruit	Beef Burgers DF Tater Tots GF, DF, V Mixed Veggies GF, DF, V Fruit *Veggie Burger
25	26	27	28	29
Salisbury Steak DF, E Mashed Potatoes GF, DF, V Sliced Carrots GF, DF, V Fresh Fruit * Turkey sub with veggies & fruit	Chicken Buddha Bowl GF DF Quinoa & Veggies Fresh Fruit *Corn dog with goldfish & fruit	Cheese Ravioli with marinara & breadstick Peas Fresh Fruit *Chicken salad on a croissant Fresh veggies Fresh Fruit	Turkey Chili GF, DF Cornbread E, V Green Beans GF, DF, V Fresh Fruit *Club Sandwich with popcorn & fruit	PIZZA DAY!! V Mixed Veggies GF, DF, V Fresh Fruit *Chicken burger with fixings veggie salad & fruit

GF-Gluten Free DF-Dairy Free V- Vegetarian E-Egg