

May 2022

LUNCH MENU

International School of Texas

**GF – Gluten Free      DF – Dairy Free      V – Vegetarian      E – Egg**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p>Chicken Pot Pie Roasted Broccoli Fresh Fruit</p> <p>*Breaded Chicken Patty Cucumber salad Fresh Fruit</p>	<p>Beef &amp; Veggie Burrito Bowl Bell Pepper Strips Fresh Fruit</p> <p>* Club Sandwich Veggies W/Ranch Fresh Fruit</p>	<p>Roasted Turkey Breast GF DF Mashed Potatoes GF V Sliced Herb Carrots GF,V Fresh Fruit</p> <p>*Turkey &amp; Cheese Sandwich Popcorn Fresh Fruit</p>	<p>Spaghetti &amp; Meatballs Peas &amp; Carrots GF,DF,V Fresh Fruit</p> <p>* Meatball Sub Potato Salad GF,DF,V Fresh Fruit GF,DF,V</p>	<p>Hamburgers W/ Fixings Tater Tots GF,DF,V Fresh Fruit</p> <p>* Veggie Burgers W/ Fixings Tater Tots GF,DF,V Fresh Fruit</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>Chicken Tenders E Green Beans GF,V Mac n Cheese V Fresh Fruit</p> <p>*Hot Dogs Veggies W/ Ranch GF,V Fresh Fruit GF,DF,V</p>	<p>Turkey Soft Tacos Pinto Beans GF,DF,V Cucumber Slices Fresh Fruit</p> <p>* Sloppy Joe DF Corn Salad GF,DF,V Fresh Fruit</p>	<p>* Roast Beef Sandwich Celery &amp; Carrot Sticks Fresh Fruit</p> <p>* Roast Veggie Sandwich V</p>	<p>*Chicken Pesto Pasta DF Cucumber &amp; Tomato Salad GF,DF,V Fresh Fruit</p> <p>*Ham &amp; Cheese Sandwich Cucumber tomato salad GF,DF,V Fresh Fruit GF,DF,V</p>	<p>*Cheese Pizza V Mixed Veggies GF,DF,V Fresh Fruit</p> <p>*Hamburger W/ Fixings Tater tots GF DF V Fresh Fruit</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>Garlic Roasted Turkey Breast DF,GF Rice Pilaf GF,DF,V Zucchini &amp; Squash Fresh Fruit</p> <p>*Chicken Bacon Ranch Sub Veggies W/ Ranch Fresh Fruit</p>	<p>Chicken, Veggie, &amp; Rice GF Buddha Bowl GF Fresh Fruit</p> <p>*Meaty Italian Sub Veggie salad Fresh Fruit</p>	<p>Brisket DF, GF Potato Salad GF,DF,V ColeSlaw GF,DF,V Fresh Fruit</p> <p>*Veggie BBQ Sandwich V</p>	<p>Pulled Pork Sandwich DF Green Bean Salad GF,DF,V Corn On the Cob DF Fresh Fruit</p> <p>*Veggie Pulled Sandwich V</p>	<p>Turkey Burgers W/ Fixings Sweet Potato Fries GF,DF,V Fresh Fruit</p> <p>*Veggie Burger W/ Fixings V</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>Chicken &amp; Rice Casserole Roasted Yellow Squash Fresh Fruit</p> <p>*Chicken Salad Croissant Pea Salad GF DF V Fresh Fruit</p>	<p>Beef Taco Salad Black Beans GF,DF,V Bell Pepper Strips Fresh Fruit</p> <p>* Corn Dog Goldfish V Fresh Fruit</p>	<p>Swedish Meatballs Buttered Noodles V Green Beans Fresh Fruit</p> <p>*BLT Sandwich Bell peppers GF DF V Fresh Fruit</p>	<p>Teriyaki Chicken DF Veggie Fried Rice V Edamame Salad GF,DF,V Fresh Fruit</p> <p>* Club Sandwich Veggies W/ Ranch GF,V Fresh Fruit GF,DF,V</p>	<p><b>No Haute Lunch Last Day of School!!!</b></p>
<b>30</b>	<b>31</b>			
<b>Memorial Day!</b>				