



International School of Texas August 2026 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>8/17</u>	<u>8/18</u> <u>First Day of School</u> Taco Tuesday: Crunchy Shredded Chicken Taco, Mexican Style Rice, Shredded Lettuce, Fresh Fruit Mild Jalapeno Sauce on the side <u>Veggie/Vegan:</u> Black Beans with Crunchy Taco Shell <u>GF:</u> All GF <u>Salads:</u> Chicken Caesar Salad, Garden Chicken Salad, Vegan Salad with Chickpeas <u>Wraps:</u> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap	<u>8/19</u> Grilled Teriyaki Chicken, Steamed Rice, Sesame-Ginger Stir Fried Vegetables, Fresh Fruit <u>Veggie/Vegan:</u> Teriyaki Tofu <u>GF:</u> All GF <u>Salads:</u> Chicken Caesar Salad, Garden Chicken Salad, Vegan Salad with Chickpeas <u>Wraps:</u> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap	<u>8/20</u> Beef Bolognese Baked Ziti Herb Grilled Vegetables Fresh Fruit <u>Veggie/Vegan:</u> Fresh vegetable marinara with Ziti <u>GF:</u> Beef Bolognese with GF Penne <u>Salads:</u> Chicken Caesar Salad, Garden Chicken Salad, Vegan Salad with Chickpeas <u>Wraps:</u> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap	<u>8/21</u> 100% Beef Hamburgers, Wheat Bun, Housemade Pickles, Kettle Cooked Chips, Fresh Fruit <u>Veggie/Vegan:</u> Barnison Housemade Veggie Burger <u>GF:</u> Hamburger with GF Bun <u>Salads:</u> Chicken Caesar Salad, Garden Chicken Salad, Vegan Salad with Chickpeas <u>Wraps:</u> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap



International School of Texas August 2026 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>8/24</u> Chicken Fried Rice, Scrambled Egg, Sesame-Ginger Stir Fried Veggies, Fresh Fruit <u>Veggie/Vegan:</u> Tofu Fried Rice <u>GF:</u> All GF <u>Salads:</u> Chicken Caesar Salad, Garden Chicken Salad, Vegan Salad with Chickpeas <u>Wraps:</u> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap	<u>8/25</u> Taco Tuesday: Crunchy Beef Taco, Mexican Style Rice, Shredded Lettuce, Fresh Fruit Mild Jalapeno Sauce on the side <u>Veggie/Vegan:</u> Refried Beans with Crunchy Taco Shell <u>GF:</u> All GF <u>Salads:</u> Chicken Caesar Salad, Garden Chicken Salad, Vegan Salad with Chickpeas <u>Wraps:</u> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap	<u>8/26</u> Frito Pie: Ground Beef Chili, Fritos, Southwestern Style Corn, Three Cheese Blend, Fresh Fruit <u>Veggie/Vegan:</u> Three Bean Chili Frito Pie <u>GF:</u> All GF <u>Salads:</u> Chicken Caesar Salad, Garden Chicken Salad, Vegan Salad with Chickpeas <u>Wraps:</u> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap	<u>8/27</u> Housemade BBQ Chicken Thighs Creamy Macaroni and Cheese Mixed Greens Fresh Fruit <u>Veggie:</u> BBQ Beans <u>Vegan/GF:</u> BBQ Beans, Gluten Free Mac and Nutritional Yeast "Chz" <u>Salads:</u> Chicken Caesar Salad, Garden Chicken Salad, Vegan Salad with Chickpeas <u>Wraps:</u> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap	<u>8/28</u> Cheese Deep Dish Pan Pizza Carrot Sticks with Yogurt Ranch Fresh Fruit <u>Veggie:</u> Farmhouse Veggie Deep Dish Pizza <u>Vegan:</u> No Cheese, Veggie Deep Dish Pizza <u>GF:</u> Cheese Cauli- flower Crust Pizza <u>Salads:</u> Chicken Caesar Salad, Garden Chicken Salad, Vegan Salad with Chickpeas <u>Wraps:</u> Chicken Caesar Wrap, Hummus and Med. Veggie Wrap



International School of Texas August 2026 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>8/31</u> Chicken Parmesan Spaghetti with Marinara, Mixed Greens Salad, Fresh Fruit <u>Veggie/Vegan:</u> Grilled Mushrooms, Spaghetti with marinara <u>GF:</u> Grilled Mushrooms, GF Penne with marinara <u>Salads:</u> Chicken Caesar Salad, Garden Chicken Salad, Vegan Salad with Chickpeas <u>Wraps:</u> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap				