IST Hot Lunch Program
Menu Item Descriptions

(Listed in alphabetical order and NOT in order as on the menu. This document is subject to be updated as the Hot Lunch program develops)

- Baked potato and chili beans; cheese, sour cream (upon request), served with seasonal fruit.
- Bean and cheese burrito; served side salsa, served with seasonal fruit.
- Beef stroganoff; beef, heavy cream, parmesan cheese, garlic and cremini mushrooms, served over egg noodles.
- Birria and noodles; homemade beef birria served over egg noodles, with red onions and cilantro on the side.
- Black bean tostadas; fried corn tortillas, black beans, cheddar cheese, lettuce, pico de gallo and avocados, served with seasonal fruit.
- Broccoli macaroni and cheese; with homemade cheese sauce, served with seasonal fruit.
- Buffalo chicken; on a hamburger bun, served with homemade apple coleslaw.
- Burger; no cheese, with lettuce, tomato, ketchup and mayo. Small side salad with potato chips.
- Caprese salad; grape tomatoes, fresh mozzarella cheese, fresh basil, garlic, diced cucumbers, diced avocado, apple cider vinegar and olive oil and served with garlic parmesan bread.
- Carne asada baked potato; cheddar cheese, sour cream, pico de gallo, carne asada served with red wine vinaigrette side salad.
- Carne asada burrito; with cabbage and pico de gallo rice and beans inside and served with seasonal fruit.
- Carne asada nachos; corn tortillas chips, homemade cheese sauce, sour cream, carne asada and pico de gallo, served with fried beans.
- Carne asada quesadilla; flour tortillas, cheddar cheese, served with fried beans.
- Carne asada tacos; flour tortilla carne asada, cabbage and pico de gallo, served with fried beans.
• Cheese enchiladas; corn tortillas, jack cheese, homemade green enchilada sauce, sour cream, served with beans and pico de gallo.
• Cheeseburger; served with lettuce, tomato, mayo and ketchup, and a small red wine vinaigrette side salad and potato chips.
• Chicken alfredo; grilled chicken zucchini carrots, linguine noodles, alfredo sauce, served with small salad.
• Chicken fajitas; grilled chicken, bell peppers zucchini, yellow squash served with fried beans and flour tortillas.
• Chicken fried rice; zucchini, carrots, broccoli, yellow squash, red bell peppers, fried rice, orange chili soy sauce.
• Chicken panini; grilled chicken, Havarti cheese, tomato, chipotle aioli served with apple cabbage coleslaw.
• Chicken piccata; lemon butter sauce, capers, served over mashed potatoes and steamed vegetables. *Contains eggs*
• Chicken parmesan; homemade chicken parmesan, homemade marinara sauce, served over linguine pasta.
• Chicken quesadilla; flour tortilla, cheddar and Havarti cheese, shredded chicken, served with fried beans and pico de gallo.
• Chicken strips; served with carrots sticks, seasonal fruit and a side of ranch dressing for dipping.
• Egg salad sandwich; mayo lettuce, tomato on wheat bread, served with a side salad and choice of dressing.
• French toast and bacon; homemade French toast with applewood smoked bacon served with seasonal fruit. *Contains eggs*
• Fried chicken sandwich; served on a hamburger bun with lettuce and tomato, mayo, with a side salad and choice of dressing.
• Grilled chicken; with mashed potatoes and steamed vegetables, with a homemade gravy.
• Green chili chicken tacos; tomatillo and green chili salsa, cabbage and pico de gallo, served with fried beans.
• Grilled cheese sandwich; cheddar and Havarti cheese, on sourdough grilled bread, served with side salad and choice of dressing.
• Grilled chicken breast; served with steamed broccoli and Spanish rice.
• Grilled ham and cheese sandwich; cheddar and Havarti cheese, sliced ham, on grilled sourdough, served with a small side salad and fruit.

• Grilled salmon; served over mashed potatoes and steamed veggies, with lemon butter sauce.

• Ground beef tacos; with potatoes and red salsa, corn tortillas, served with fried beans.

• Grilled veggie panini; grilled zucchini, yellow squash, red bell pepper, asparagus, carrots cheddar and Havarti cheese on pita bread with tzatziki sauce, served with red wine vinaigrette side salad.

• Guacamole tacos; corn tortillas, homemade guacamole, cabbage, and pico de gallo, served with fried beans.

• Mahi Mahi (grilled); served over mashed potatoes, with vegetables and topped with lemon butter sauce.

• Pancakes and eggs; homemade pancakes, scrambled eggs, served with syrup on the side and seasonal fruit.

• Pasta and meatballs; homemade all beef meatballs, served over noodles.

• Pollo asado nachos; grilled chicken, over corn tortilla chips, homemade cheese sauce, sour cream, and pico de gallo, served with seasonal fruit.

• Pot roast; served with mashed potatoes and steamed veggies.

• Quesabirrias; corn tortillas, pepper jack cheese homemade birria, served with fried beans, onions and cilantro on the side.

• Salad veggies and fruit plate; fresh seasonal fruit: oranges, papaya, cantaloupe, honey dew, pineapple. Fresh veggies: celery, carrots, cucumbers, tomatoes, red beets, broccoli, red bell pepper, spring mix, romaine, jicama and choice of dressing (ranch and honey mustard).

• Shrimp tacos; corn tortillas grilled shrimp, with tomato sauce with cabbage and pico de gallo, served with Spanish rice.

• Stuffed French toast; stuffed with cream cheese with strawberry marmalade, served with side fruit.

• Tinga tacos; shredded chicken, beef chorizo, sour cream and cabbage, pico de gallo, served with fried beans.

• Turkey sandwich; sliced turkey, on wheat bread, lettuce tomato and avocado sliced cucumber mayo on the side served home fries.
• Turkey melt; cheddar, Havarti cheese, sliced turkey on grilled sourdough, served with small side salad and seasonal fruit.

• Turkey and veggie panini; yellow squash, zucchini, carrots, bell peppers, provolone cheese, cheddar cheese, sliced turkey, on pita bread served with small salad and fruit.

• Chicken tacos; grilled chicken, corn tortillas, cabbage and pico de gallo, served with beans.

• Pasta with red sauce; served with steamed veggies.