

## 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.