



AUSTIN INTERNATIONAL SCHOOL LUNCH MENU - August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>8/12</u></p>	<p><u>8/13</u></p>	<p><u>8/14</u></p>	<p><u>8/15</u>            Roasted Chicken Fried Rice, Scrambled Egg, Sesame-Ginger Stir Fried Veggies  <b><u>Veggie/Vegan:</u></b>            Tofu Fried Rice  <b><u>GF:</u></b>            All GF  <b><u>Salads:</u></b>            Roasted Chicken Breast Salad, Vegan Salad with Chickpeas  <b><u>Wraps:</u></b>            Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap</p>	<p><u>8/16</u>            Hand Breaded Chicken Tenders, Housemade BBQ Sauce and Honey Mustard, Veggie Sticks  <b><u>Veggie/Vegan/GF:</u></b>            Chef Cory's Crispy Tofu Nuggets  <b><u>Salad:</u></b>            Roasted Chicken Salad, Vegan Salad with Chickpeas  <b><u>Wraps:</u></b>            Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap</p>



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<p><b>8/19</b> Baked Chicken, Housemade BBQ, Creamy Macaroni and Cheese, Grilled Seasonal Veggies <b>Veggie:</b> BBQ Beans <b>Vegan/GF:</b> BBQ Beans, Gluten Free Mac and Nutritional Yeast “Chz” <b>Salads:</b> Roasted Chicken Breast Salad, Vegan Salad with Chickpeas <b>Wraps:</b> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap</p>	<p><b>8/20</b> Taco Tuesday: Beef Tip Carne Guisada, Soft Flour Tortilla, Mexican Style Rice, Southwestern Style Corn <b>Veggie/Vegan:</b> Black Bean &amp; Veggie Picadillo <b>GF:</b> Soft Corn Tortillas <b>Salads:</b> Roasted Chicken Breast Salad, Vegan Salad with Chickpeas <b>Wraps:</b> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap</p>	<p><b>8/21</b> Spaghetti, Beef Meatballs, Hearty Marinara Sauce, Herb Roasted Veggies <b>Veggie/Vegan:</b> Spaghetti with marinara and extra veggies <b>GF:</b> GF Penne with marinara and extra veggies <b>Salads:</b> Roasted Chicken Breast Salad, Vegan Salad with Chickpeas <b>Wraps:</b> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap</p>	<p><b>8/22</b> Ham and Swiss Sandwich on Wheat Bun, Kettle Cooked Chips, Fresh Fruit <b>Veggie/Vegan:</b> Portobello and Roasted Red Pepper Sandwich on Wheat Bun <b>GF:</b> Ham and Swiss on GF Bun <b>Salads:</b> Roasted Chicken Breast Salad, Vegan Salad with Chickpeas <b>Wraps:</b> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap</p>	<p><b>8/23</b> 100% Local Beef Hamburgers, Wheat Bun, Housemade Pickles, Kettle Cooked Chips <b>Veggie/Vegan:</b> Barnison Housemade Veggie Burger <b>GF:</b> 100% Local Beef Hamburger with GF Bun <b>Salad:</b> Roasted Chicken Salad, Vegan Salad with Chickpeas <b>Wraps:</b> Chicken Caesar Wrap, Hummus and Mediterranean Veggie Wrap</p>



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<p><b>8/26</b>            Basil Pesto Chicken,            Penne Pasta,            Herb Grilled Vegetables  <b>Veggie/Vegan:</b>            Basil Pesto Grilled            Mushrooms  <b>GF:</b>            Basil Pesto Chicken            with GF Penne Pasta  <b>Salads:</b>            Roasted Chicken            Breast Salad,            Vegan Salad with            Chickpeas  <b>Wraps:</b>            Chicken Caesar Wrap,            Hummus and            Mediterranean Veggie            Wrap</p>	<p><b>8/27</b>            Taco Tuesday:            Ground Beef Picadillo,            Soft Flour Tortilla,            Mexican Style Rice,            Southwestern Style            Corn  <b>Veggie/Vegan:</b>            Black Bean Picadillo  <b>GF:</b>            Soft Corn Tortilla  <b>Salads:</b>            Roasted Chicken            Breast Salad,            Vegan Salad with            Chickpeas  <b>Wraps:</b>            Chicken Caesar Wrap,            Hummus and            Mediterranean Veggie            Wrap</p>	<p><b>8/28</b>            Grilled Teriyaki Chicken,            Steamed Rice,            Sesame-Ginger Stir            Fried Vegetables  <b>Veggie/Vegan:</b>            Teriyaki Tofu  <b>GF:</b>            All GF  <b>Salads:</b>            Roasted Chicken            Breast Salad,            Vegan Salad with            Chickpeas  <b>Wraps:</b>            Chicken Caesar Wrap,            Hummus and            Mediterranean Veggie            Wrap</p>	<p><b>8/29</b>            Frito Pie:            Ground Beef Chili            Fritos            Southwestern Style            Corn            Three Cheese Blend  <b>Veggie/Vegan:</b>            Three Bean Chili Frito            Pie  <b>GF:</b>            All GF  <b>Salads:</b>            Roasted Chicken            Breast Salad,            Vegan Salad with            Chickpeas  <b>Wraps:</b>            Chicken Caesar Wrap,            Hummus and            Mediterranean Veggie            Wrap</p>	<p><b>8/30</b>            Pepperoni or Cheese            Deep Dish Pan Pizza            Carrot Sticks with            Yogurt Ranch            Fresh Fruit  <b>Veggie:</b>            Farmhouse Veggie            Deep Dish Pizza  <b>Vegan:</b>            No Cheese, Veggie            Deep Dish Pizza  <b>GF:</b>            Cheese Cauli-            flower Crust Pizza  <b>Salad:</b>            Roasted Chicken Salad,            V-Salad with Chickpeas  <b>Wraps:</b>            Chicken Caesar Wrap,            Hummus and            Mediterranean Veggie            Wrap</p>



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