



# ISAS Dinner Day 1

## ***Main Ingredients'***

Chicken Fajitas

or

Chicken and Bean Casserole (GF)

Carnitas (Slow-Roasted Pulled Pork)

Flour Tortillas (6 inch)

Mexican Rice

Simmered Charro Beans

ISAS Taco Toppings Bar

## ***Allergy Station***

Chicken Fajitas

Fajita Vegetables

Mexican Rice

Simmered Charro Beans

Gluten-Free Tortillas

## ***Vegetarian***

Sautéed Vegetable Fajitas

Mexican Rice

Simmered Charro Beans

Flour Tortillas (6 inch)





# ISAS Breakfast Day2

## ***Mains'***

Breakfast Sausage Links  
Scrambled Eggs  
Scrambled Eggs with Cheddar  
Fried Breakfast Potatoes  
House-Made Red Salsa  
Flour Tortillas (6 inch)  
Gluten-Free Tortillas

## ***Continental***

Assorted Cold Cereals  
Assorted Muffins  
Assorted Bagels  
Assorted Yogurt  
Assorted Fresh-Cut Fruit  
Assorted Fresh Whole Fruit  
Milk (2%)  
Fruit Jelly  
Honey

## ***Allergy Station***

Breakfast Sausage Links  
Scrambled Eggs  
Baked Breakfast Potatoes  
Gluten-Free Tortillas

## ***Vegetarian***

Scrambled Eggs  
Baked Breakfast Potatoes  
Sautéed Spinach



# ISAS Lunch Day 2

## ***Mains'***

Hamburgers  
All-Beef Hot Dogs with Bun  
Baked Beans  
Assorted Fresh-Cut Fruit  
Burger Bar Condiments!!  
Assorted Chips

## ***Allergy Station***

Grilled Chicken Breast  
Veggie Burgers  
Hamburgers (GF)  
Gluten-Free Hamburger Bun  
Potato Chips  
Garden Salad

## ***Vegetarian***

Veggie Burgers  
Garden Salad  
House-Made Baked Beans  
Assorted Chips  
Assorted Fresh-Cut Fruit





# ISAS Dinner Day 2

## ***Main Ingredients***

Baked Ziti with Ground Beef

Pesto Pasta

Breadsticks

Seasoned Green Beans

Caesar Salad

## ***Allergy Station***

Meat Sauce

Marinara Sauce

Pasta (GF)

Pasta with House-Made Pesto (GF)

Seasoned Green Beans

Garden Salad

Garlic Bread (GF)

## ***Vegetarian***

Pasta (GF)

Pasta with House-Made Pesto (GF)

Grilled Vegetables

Marinara Sauce





# ISAS Breakfast Day 3

## ***Mains'***

Breakfast Sausage Patties  
French Toast Casserole  
Scrambled Eggs  
Baked Breakfast Potatoes  
Biscuits  
Assorted Fruit Jams and Jellies  
Honey  
Salted Butter  
Assorted Fresh Whole Fruit

## ***Continental***

Assorted Cold Cereals  
Assorted Muffins  
Assorted Scones  
Assorted Yogurt  
Assorted Fresh-Cut Fruit  
Assorted Fresh Whole Fruit  
Milk (2%)  
Fruit Jelly  
Honey

## ***Allergy Station***

Breakfast Sausage Patties  
Scrambled Eggs  
Baked Potatoes  
Assorted Fresh-Cut Fruit  
Biscuits (GF)



# ISAS Breakfast Day 3

## ***Vegetarian***

Scrambled Eggs

Baked Potatoes

Assorted Fresh-Cut Fruit

Biscuits (GF)

