

KILGORE HIGH SCHOOL LUNCH MENU

MONDAY



ENTRÉE 5
BBQ pulled pork sandwich
GRAIN/FRUIT/VEGETABLE
Baked beans
Veggie sticks
Apple or Watermelon cubes

ENTRÉE 12
Chicken filet sandwich
GRAIN/FRUIT/VEGETABLE
Sweet potato fries
Celery & carrot sticks
Apple or Plum

ENTRÉE 19
Hamburger/cheeseburger
GRAIN/FRUIT/VEGETABLE
Potato tots
Ranch baby carrots
Apple or Peach

ENTRÉE 26
BBQ pulled pork sandwich
GRAIN/FRUIT/VEGETABLE
Baked beans
Veggie sticks
Apple or Mixed berries

TUESDAY



ENTRÉE 6
Crunchy beef tostadas*
GRAIN/FRUIT/VEGETABLE
Spanish rice
Cucumber & tomato salad
Elote
Apple or Mixed berries

ENTRÉE 13
Pork carnitas street tacos
GRAIN/FRUIT/VEGETABLE
Spanish rice
Pinto beans
Chili lime baby carrots
Apple or Cantaloupe

ENTRÉE 20
Beef nacho grande*
GRAIN/FRUIT/VEGETABLE
Spanish rice
Pinto beans
Cucumber & tomato salad
Apple or Melon mix

ENTRÉE 27
Crunchy beef tostadas*
GRAIN/FRUIT/VEGETABLE
Spanish rice
Cucumber & tomato salad
Elote
Apple or Watermelon cubes

WEDNESDAY

*Local TX beef, dairy, grains & produce featured on this menu. The beef is provided by a Pryor Cattle Co. in Henderson, TX. Produce items are grown & harvested in the great state of TX. Whole grain rich bread supplied by Flowers Baking company, Texas dairy products supplied by Hiland Dairy.

ENTRÉE 7
Thin crust pepperoni pizza
GRAIN/FRUIT/VEGETABLE
Fresh mixed greens salad*
Roasted ranch broccoli
Apple or Watermelon cubes

ENTRÉE 14
Spaghetti w/meat sauce*
GRAIN/FRUIT/VEGETABLE
Garlic breadstick
Fresh mixed greens salad*
Roasted ranch broccoli
Apple or Plum

ENTRÉE 21
Thin crust pepperoni pizza
GRAIN/FRUIT/VEGETABLE
Fresh mixed greens salad*
Roasted ranch broccoli
Apple or Peach

ENTRÉE 28
Chicken spaghetti
GRAIN/FRUIT/VEGETABLE
Garlic breadstick
Fresh mixed greens salad*
Roasted ranch broccoli
Apple or Mixed berries

THURSDAY

1
NO SCHOOL!

ENTRÉE 8
Steak strips
GRAIN/FRUIT/VEGETABLE
Fresh baked maple biscuit
Seasoned fries
Ranch baby carrots
Apple or Mixed berries

ENTRÉE 15
Popcorn chicken
GRAIN/FRUIT/VEGETABLE
Fresh baked maple biscuit
Shoestring fries
Veggie sticks
Apple or Cantaloupe

ENTRÉE 22
Steak strips
GRAIN/FRUIT/VEGETABLE
Fresh baked maple biscuit
Seasoned fries
Veggie sticks
Apple or Melon mix

ENTRÉE 29
Popcorn chicken
GRAIN/FRUIT/VEGETABLE
Fresh baked maple biscuit
Shoestring fries
Ranch baby carrots
Apple or Watermelon cubes

FRIDAY

2
NO SCHOOL!

9
NO SCHOOL!

16
NO SCHOOL!

23
NO SCHOOL!

30
NO SCHOOL!



JUN 2023

GEAR UP FOR PUSH-UP CHALLENGE



ANNOUNCEMENTS:

Also served with the lunch meal:
Variety of milk
Water is always available for students

Did you know...
Summer meals are FREE to all children up to age 18. Children do not need to be a student with KISD to receive a meal!

To find a summer meal site close to you...
Text 304-304
Or
Summerfood.org



Food and Nutrition Division
Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org