

KILGORE HIGH SCHOOL BREAKFAST MENU

MONDAY



TUESDAY



WEDNESDAY

#SchoolMealsMatter
#Summer #Nutrition
#KISDCares
#KilgoreStrong

THURSDAY

NO SCHOOL!

FRIDAY

NO SCHOOL!

ENTRÉE 5
Chicken mega minis
served with mini waffles
FRUIT/VEGETABLE
Pineapple tidbits
Fresh apple

ENTRÉE 6
Cheesy scrambled eggs
served with cinnamon toast
FRUIT/VEGETABLE
Fruit cocktail
Fresh orange or grapefruit

ENTRÉE 7
Cereal variety
FRUIT/VEGETABLE
Diced peaches
Fresh apple

ENTRÉE 8
Sausage croissant sammie
FRUIT/VEGETABLE
Diced pears
Fresh orange or grapefruit

NO SCHOOL!

ENTRÉE 12
Sausage w/a maple biscuit
FRUIT/VEGETABLE
Pineapple tidbits
Fresh apple

ENTRÉE 13
Breakfast tacos
FRUIT/VEGETABLE
Fruit cocktail
Fresh orange or grapefruit

ENTRÉE 14
Cereal variety
FRUIT/VEGETABLE
Diced peaches
Fresh apple

ENTRÉE 15
Big K breakfast sandwich
FRUIT/VEGETABLE
Diced pears
Fresh orange or grapefruit

NO SCHOOL!

ENTRÉE 19
Chicken mega minis
served with mini waffles
FRUIT/VEGETABLE
Pineapple tidbits
Fresh apple

ENTRÉE 20
Cheesy scrambled eggs
served with cinnamon toast
FRUIT/VEGETABLE
Fruit cocktail
Fresh orange or grapefruit

ENTRÉE 21
Cereal variety
FRUIT/VEGETABLE
Diced peaches
Fresh apple

ENTRÉE 22
Sausage croissant sammie
FRUIT/VEGETABLE
Diced pears
Fresh orange or grapefruit

NO SCHOOL!

ENTRÉE 26
Sausage w/a maple biscuit
FRUIT/VEGETABLE
Pineapple tidbits
Fresh apple

ENTRÉE 27
Breakfast tacos
FRUIT/VEGETABLE
Fruit cocktail
Fresh orange or grapefruit

ENTRÉE 28
Cereal variety
FRUIT/VEGETABLE
Diced peaches
Fresh apple

ENTRÉE 29
Big K breakfast sandwich
FRUIT/VEGETABLE
Diced pears
Fresh orange or grapefruit

NO SCHOOL!

JUN
2023

GEAR UP FOR
**PUSH-UP
CHALLENGE**



ANNOUNCEMENTS:

Also served with the breakfast meal:
Choice of 100% juice
Variety of milk

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