

KILGORE INDEPENDENT SCHOOL DISTRICT

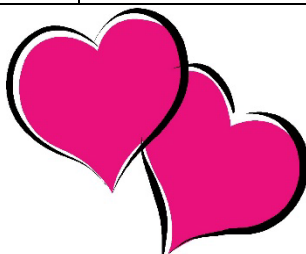
KILGORE MIDDLE SCHOOL LUNCH FEBURARY 2024

Menu subject to change based on food availability.

er available at no charge at every meal. Variety of milk offered at meal service.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Entrée choice Reg drums-10g, Spicy drums-10g Steak strips (4) 18g BBQ chicken baked potato 63g <u>Grain/Vegetable/Fruit Choice:</u> Fresh baked maple biscuit 33g Fresh mixed greens salad 2g Roasted green beans w/bacon 5g Apple 22g OR Craisins 28g	2 Entrée choice Cheeseburger 34g Hamburger 32g Grilled cheese sandwich 31g <u>Grain/Vegetable/Fruit Choice:</u> Shoestring fries 22g Veggie sticks 3g Apple 22g OR Craisins 28g
			5 Entrée choice Nashville hot chicken bites Dill seasoned chicken chunks <u>Grain/Vegetable/Fruit Choice:</u> Macaroni & cheese Sweet potato fries Fresh broccoli salad Tajin Orange/Grapefruit whls 41g OR Raisins 30g	6 Entrée choice Beef (2) 39g, Chkn (2) 35g Beef fiestada stuffed sand 31g <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice 24g Zesty black beans 34.5g Honey dill baby carrots 7g Tajin Orange/Grapefruit whls 41g OR Raisins 30g
12 Entrée choice Turkey cheese croissant sandwich Bacon swiss chicken sandwich Corndog <u>Grain/Vegetable/Fruit Choice:</u> Potato tots Baked beans Apple 22g OR Diced pear cup 13g	13 Entrée choice Pork carnitas street tacos (3) 24g Chicken street tacos (3) 28g Chicken/cheese crispitos (2) 40g <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice 24g Seasoned pinto beans 32g Garden fresh salad 3.5g Apple 22g OR Diced pear cup 13g	14 Entrée choice Chicken spaghetti 26g Pizza cheesy sticks (2) 33g Turkey bacon chef salad 10g served with sunchips 19g <u>Grain/Vegetable/Fruit Choice:</u> Garlic breadstick 15g Chili lime baby carrots 8g Roasted ranch broccoli 5g Apple 22g OR Diced pear cup 13g	15 Entrée choice General Tso chicken noodle 51g Chicken pot sticker dumplings 21g BBQ pork baked potato 42g <u>Grain/Vegetable/Fruit Choice:</u> Cornbread star 23g Fresh mixed greens salad 2g Sweet corn 18g Apple 22g OR Craisins 28g	16 Entrée choice TX BBQ pulled pork sandwich 46g BBQ chicken sandwich 42g Spicy grilled cheese sandwich 26g <u>Grain/Vegetable/Fruit Choice:</u> Shoestring fries 22g Celery & carrot sticks 2g Apple 22g OR Craisins 28g
19 PRESIDENT'S DAY HOLIDAY! NO SCHOOL!	20 Entrée choice Pork tamales (2) 28g Chicken/cheese quesadilla 34g <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice 24g Elote 25g Refried beans 31g Baby carrot sticks 6g Grapefruit wedges 10g OR Blue raspberry fruit sorbet 19g	21 Entrée choice Selfie cheese pizza 28g Selfie pepperoni pizza 38g Buffalo chicken pizza 35g Cobb chef salad 11g served with sunchips 19g <u>Grain/Vegetable/Fruit Choice:</u> Honey dill baby carrots 7g Fresh broccoli salad 28g Grapefruit wedges 10g OR Blue raspberry fruit sorbet 19g	22 Entrée choice Tangerine chicken fried rice 37g Steak strips (4) 18g Buffalo chicken baked potato 42g <u>Grain/Vegetable/Fruit Choice:</u> Cornbread star 23g Asian vegetable blend 6g Garden fresh salad 3.5g Grapefruit wedges 10g OR Blue raspberry fruit sorbet 19g	23 Entrée choice Bulldog steak sandwich 47g Spicy bulldog steak sandwich 48g Deluxe fish sandwich 45g <u>Grain/Vegetable/Fruit Choice:</u> Seasoned fries 24g Veggie sticks 3g Grapefruit wedges 10g OR Blue raspberry fruit sorbet 19g
26 Entrée choice Spicy jalapeno meatball sub 37g Meatloaf sandwich 36g PB and jelly sandwich 64g <u>Grain/Vegetable/Fruit Choice:</u> Celery and carrot sticks 2g Fresh broccoli salad 28g Orange 21g OR Craisins 28g	27 Entrée choice Beef grande nachos 40g Chicken tinga nachos 31g <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice 24g Refried beans 31g Baby carrot sticks 6g Orange 21g OR Craisins 28g	28 Entrée choice Spaghetti w/meat sauce 25g Four meat pizza 34g Cobb chef salad 11g served with sunchips 19g <u>Grain/Vegetable/Fruit Choice:</u> Garlic breadstick 15g Roasted parmesan cauliflower 5g Spicy cucumber salad 2g Orange 21g OR Craisins 28g	29 Entrée choice Red dums-10g, Spicy drums-10g Steak strips (4) 18g BBQ chicken baked potato 63g <u>Grain/Vegetable/Fruit Choice:</u> Fresh baked maple biscuit 33g Fresh mixed greens salad 2g Roasted green beans w/bacon 5g Orange 21g OR Craisins 28g	Milk white 12g, chocolate 23g, strawberry 22g Condiments: (1): ketchup 3g, mustard 1g, mayo 1g, BBQ sauce 10g, salsa 1g sour cream 1g, Gen Tso sauce 16g, turkey gravy 7g, pepper gravy 8g, cilantro/onion 3g, house made ranch dip 5g, cranberry sauce 28g, For chef salads: lite ranch 7g, honey mustard 7g, italian 4g, rasp. vinegar 12g, croutons 9g