

KILGORE HIGH SCHOOL, MIDDLE SCHOOL, INTERMEDIATE AND CHANDLER ELM BREAKFAST

**APR**  
2023

GEAR UP FOR  
**BASKETBALL**



**ANNOUNCEMENTS:**



Last Day to Submit!

Beverages:

- Orange juice- 13g, Apple juice- 14g
- White milk-12g, FF chocolate-18g
- FF strawberry-22g
- Condiments (lea)
- Grape jelly-9g, maple syrup-31g, ketchup 3g, Salsa-1g



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE CHOICE</b> <b>3</b> Meg mini chicken bites 15g served with mini waffles 35g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Applesauce 15g	<b>ENTREE CHOICE</b> <b>4</b> Cheesy eggs 1g served with cinnamon toast 21g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Diced pears 19g	<b>ENTREE CHOICE</b> <b>5</b> Orange cran-49g, apple cin-49g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Pineapple tidbits 18g	<b>ENTREE CHOICE</b> <b>6</b> Sausage pancake sam 17g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Fruit cocktail 19g	<b>Good Friday Holiday!</b> <b>No School!</b>
<b>ENTREE CHOICE</b> <b>10</b> Sausage pancake bites 17g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Applesauce 15g	<b>ENTREE CHOICE</b> <b>11</b> Egg/cheese/potato wrap 17g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Diced pears 19g	<b>ENTREE CHOICE</b> <b>12</b> Bluebry-19.5g, Org-19.8g, Ban-20g w/bacon 0.34g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Pineapple tidbits 18g	<b>ENTREE CHOICE</b> <b>13</b> Big K breakfast sand 27g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Fruit cocktail 19g	<b>ENTREE CHOICE</b> <b>14</b> I am TEXAS parfait 37g served with grahams 21g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Diced peaches 17g
<b>ENTREE CHOICE</b> <b>17</b> Sausage w/mple biscuit 34g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Applesauce 15g	<b>ENTREE CHOICE</b> <b>18</b> Breakfast tacos 31g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Diced pears 19g	<b>ENTREE CHOICE</b> <b>19</b> Cinnamon roll 24g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Pineapple tidbits 18g	<b>ENTREE CHOICE</b> <b>20</b> Sausage croissanwich 29g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Fruit cocktail 19g	<b>ENTREE CHOICE</b> <b>21</b> Yogurt bowl yogurt 16g, strawberries 8g & grahams 21g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Diced peaches 17g
<b>ENTREE CHOICE</b> <b>24</b> Meg mini chicken bites 15g served with mini waffles 35g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Applesauce 15g	<b>ENTREE CHOICE</b> <b>25</b> Cheesy eggs 1g served with cinnamon toast 21g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Diced pears 19g	<b>ENTREE CHOICE</b> <b>26</b> Orange cran-49g, apple cin-49g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Pineapple tidbits 18g	<b>ENTREE CHOICE</b> <b>27</b> Sausage pancake sam 17g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Fruit cocktail 19g	<b>ENTREE CHOICE</b> <b>28</b> Pinky inky drinky parfait 47g served with grahams 21g Cereal variety 46g <b>FRUIT/VEGETABLE</b> Diced peaches 17g

**National Garden Month starts in April. Here are some fun ways to get outside and celebrate springtime. Stop and smell the roses at a rose garden in East Texas. Try planting some yummy vegetables, herbs or beautiful flowers. Add a little pizzazz to your garden with some décor. Connect with nature and get outside this springtime.**



TEXAS DEPARTMENT OF AGRICULTURE  
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 www.SquareMeals.org