

KILGORE MIDDLE SCHOOL LUNCH

APRIL 2024

Menu subject to change based on food availability. Water available at no charge at every meal. Variety of milk offered at meal service.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1 Milk white 12g, chocolate 23g, strawberry 22g Condiments (1): ketchup 3g, mustard 1g, mayo 1g BBQ sauce 10g, Gen Tso sauce 16g, sour crm 1g pepper gravy 8g, salsa 1g, cilantro/onion 3g, pickles 1g, house made ranch dip 5g For chef salads: Lite ranch 7g, honey mustard 7g, Italian 4g, rasp ving 12g, croutons 9g</p>	<p>2 <u>Entrée choice</u> Soft tacos BEEF 39g, TURKEY 39g Beef fiestada sandwich 31g <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice 24g Seasoned pinto beans 32g Honey dill baby carrots 7g Tajin grapefruit 13g or Raisins 33g</p>	<p>3 <u>Entrée choice</u> Pasta w/chicken meatballs 33g Thin crust pepperoni pizza 34g Trky bacn salad 10g <small>Served w/sunchips 19g</small> <u>Grain/Vegetable/Fruit Choice:</u> Garlic breadstick 15g Fresh broccoli salad 28g Green beans w/bacon 5g Tajin grapefruit 13g or Raisins 33g</p>	<p>4 <u>Entrée choice</u> Chicken wings (6) 2g Steak strips (4) 18g BBQ pork baked potato 51g <u>Grain/Vegetable/Fruit Choice:</u> Fresh baked maple biscuit 33g Celery & carrot sticks 2g Spicy cucumber salad 2g Tajin grapefruit 13g or Raisins 33g</p>	<p>5 <u>Entrée choice</u> Cheeseburger 34g Hamburger 32g Grilled cheese sandwich 31g <u>Grain/Vegetable/Fruit Choice:</u> Shoestring fries 22g Veggie sticks 3g Tajin grapefruit 13g or Raisins 33g</p>	
<p>8 <u>Entrée choice</u> Nashville hot chicken chunks 17g Boneless chicken wings 15g <u>Grain/Vegetable/Fruit Choice:</u> Macaroni & cheese 23g Sweet potato fries 17g Sweet corn 18g Orange 21g or Berry applesauce 14g</p>	<p>9 <u>Entrée choice</u> Street tacos PORK 24g, CHICKEN 28g Chicken/cheese crisritos (2) 35g <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice 24g Refried beans 31g Garden fresh salad 3.5g Orange 21g or Berry applesauce 14g</p>	<p>10 <u>Entrée choice</u> Chicken spaghetti 26g Mega meat pizza 46g Cobb chef salad 11g <small>Served w/sunchips 19g</small> <u>Grain/Vegetable/Fruit Choice:</u> Garlic breadstick 15g Roasted parmesan cauliflower 5g Honey dill baby carrots 7g Orange 21g or Berry applesauce 14g</p>	<p>11 <u>Entrée choice</u> General Tso's noodle bowl 51g Steak strips (4) 18g Buffalo chicken baked potato 42g <u>Grain/Vegetable/Fruit Choice:</u> Cornbread star 23g Asian vegetable blend 6g Fresh mixed greens salad 3g Orange 21g or Strawberries 6g</p>	<p>12 <u>Entrée choice</u> BBQ pulled pork sandwich 46g BBQ chicken sandwich 42g Spicy grilled cheese sandwich 26g <u>Grain/Vegetable/Fruit Choice:</u> Seasoned fries 24g Ranch baby carrots 8g Orange 21g or Strawberries 6g</p>	
<p>15 <u>Entrée choice</u> Turkey sandwich 28g Bacon chicken sandwich 31g <u>Grain/Vegetable/Fruit Choice:</u> Garden salsa sun chips 19g Potato tots 17g Fresh broccoli salad 28g Apple 22gor Rasp lmn sidekick 23g</p>	<p>16 <u>Entrée choice</u> Pork tamales (2) 28g w/wo queso 5g Chicken/cheese quesadilla 34g <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice 24g Zesty black beans 34.5g Baby carrot sticks 6g Apple 22gor Rasp lmn sidekick 23g</p>	<p>17 <u>Entrée choice</u> Selfie cheese pizza 28g Selfie pepperoni pizza 38g Buffalo chicken pizza 35g Cilntro chckn sld 9g <small>served with sunchips 19g</small> <u>Grain/Vegetable/Fruit Choice:</u> Sweet corn 18g Spicy cucumber salad 2g Apple 22gor Rasp lmn sidekick 23g</p>	<p>18 <u>Entrée choice</u> Regular or Spicy drumsticks 10g Bkd chicken frd stk 18g w/wo gravy 4g Chicken tinga baked potato 40g <u>Grain/Vegetable/Fruit Choice:</u> Honey wheat roll 24g Roasted O'Brien potatoes 22g Green beans w/bacon 5g Apple 22gor Rasp lmn sidekick 23g</p>	<p>19 <u>Entrée choice</u> Chicken filet sandwich 43g Spicy chicken sandwich 46g Spicy tuna w/pickled veggies 47g <u>Grain/Vegetable/Fruit Choice:</u> Shoestring fries 22g Veggie sticks 3g Apple 22gor Rasp lmn sidekick 23g</p>	
<p>22 <u>Entrée choice</u> Meatloaf sandwich 36g Spicy chicken meatball sub 50g PB & Jelly sandwich 64g <u>Grain/Vegetable/Fruit Choice:</u> Celery and carrot sticks 2g Sweet potato fries 17g Diced pears 19g or Tajin oranges 21g</p>	<p>23 <u>Entrée choice</u> Beef grande nachos 40g Chicken tinga nachos 31g <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice 24g Seasoned pinto beans 32g Baby carrot sticks 6g Diced pears 19g or Tajin oranges 21g</p>	<p>24 <u>Entrée choice</u> Chicken alfredo pasta 43g Thin crust supreme pizza 34g Pcrn chkn sld 18g <small>served with sunchips 19g</small> <u>Grain/Vegetable/Fruit Choice:</u> Garlic breadstick 15g Honey dill baby carrots 7g Roasted parmesan cauliflower 5g Diced pears 19g or Tajin oranges 21g</p>	<p>25 <u>Entrée choice</u> Tangerine chicken fried rice 62g Spicy Korean BBQ drumsticks 14g Beef nacho baked potato 41g <u>Grain/Vegetable/Fruit Choice:</u> Cornbread star 23g Asian vegetable blend 6g Fresh broccoli salad 28g Diced pears 19g or Tajin oranges 21g</p>	<p>26 <u>Entrée choice</u> Bulldog steak sandwich 47g Spicy steak sandwich 48g Deluxe fish sandwich 42g <u>Grain/Vegetable/Fruit Choice:</u> Seasoned fries 24g Veggie sticks 3g Baked beans 29g Diced pears 19g or Tajin oranges 21g</p>	
<p>29 <u>Entrée choice</u> Chicken sandwich 43g Spicy grilled cheese sand 26g <u>Grain/Vegetable/Fruit Choice:</u> Celery and carrot sticks 2g Potato tots 17g Grapefruit 13g or Craisins 28g</p>	<p>30 <u>Entrée choice</u> Soft tacos BEEF 39g, TURKEY 39g Beef fiestada sandwich 31g <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice 24g Zesty black beans 34.5g Honey dill baby carrots 7g Grapefruit 13g or Craisins 28g</p>				