

KILGORE PRIMARY K-1 BREAKFAST MENU

APR

MENU 2024

PALO DURO CANYON



KILGORE

Independent School District

Beverage
 Org juice (4oz) 13g
 Apple (4oz)-14g
 1% white (8oz)-12g
 FF chocolate (8oz)-23g
 FF strawberry (8oz) 22g
 Condiments (1each)
 Grape jelly-9g, ketchup-3g,
 Maple syrup-31g, salsa 1g



MONDAY

1ST **Entree**
 Cornflakes-18g
 Cheerios 21g
 Cinnamon chex 22g
 Frosted mini wheats 24g
 Multigrain cheerios 21g
 Cinnamon frosted flakes 24g
 Honey cheerios 22g

8TH **Entree**
 Chicken chunks 15g
 served w/maple mini waffles 36g
Fruit/Vegetable choice
 Diced pears 19g

15TH **Entree**
 Sausage 1g + biscuit 26g
Fruit/Vegetable choice
 Diced pears 19g

22ND **Entrée**
 Blueberry muffin 19.5g
 w/bacon 0.34g
Fruit/Vegetable choice
 Diced pears 19g

29TH **Entrée**
 Sausage 1g + biscuit 26g
Fruit/Vegetable choice
 Diced pears 19g

TUESDAY

2ND **Entree**
 Breakfast tacos (2) 31g
Fruit/Vegetable choice
 Pineapple tidbits 18g

9TH **Entree**
 Banana muffin 20g w/bacon 0.34g
Fruit/Vegetable choice
 Pineapple tidbits 18g

16TH **Entree**
 Sausage pancake bites (5) 17g
Fruit/Vegetable choice
 Pineapple tidbits

23RD **Entree choice**
 Breakfast tacos (2) 31g
Fruit/Vegetable choice
 Pineapple tidbits

30TH **Entree**
 Banana muffin 20g w/bacon 0.34g
Fruit/Vegetable choice
 Pineapple tidbits 18g

WEDNESDAY

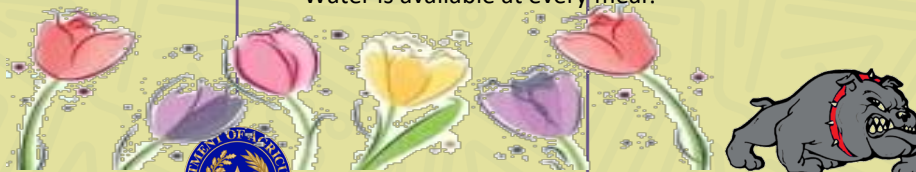
3RD **Entree**
 Cereal variety *see list
 Average CHO-22g
Fruit/Vegetable choice
 Diced peaches 17g

10TH **Entree**
 Cereal variety *see list
 Average CHO-22g
Fruit/Vegetable choice
 Diced peaches 17g

17TH **Entrée**
 Cereal variety *see list
 Average CHO-22g
Fruit/Vegetable choice
 Diced peaches 17g

24TH **Entree**
 Cereal variety *see list
 Average CHO-22g
Fruit/Vegetable choice
 Diced peaches 17g

100% fruit juice variety offered at breakfast meal! Plus a variety of milk available too!
 Water is available at every meal!



THURSDAY

4TH **Entree**
 Confetti pancakes 36g w/bacon
 0.34g
Fruit/Vegetable choice
 Applesauce

11TH **Entree**
 Scrambled eggs 1.2g
 served with cinnamon toast (1) 23g
Fruit/Vegetable choice
 Applesauce 15g

18TH **Entree**
 Mini French toast 37g w/bacon 0.34g
Fruit/Vegetable choice
 Applesauce 15g

25TH **Entree**
 Scrambled eggs 1.2g
 served with cinnamon toast (1) 23g
Fruit/Vegetable choice
 Applesauce 15g

FRIDAY

5TH **Entree choice**
 Berry dream parfait 36g
 served w/grahams 22g
Fruit/Vegetable choice
 Fruit cocktail 15g

12TH **Entree**
 Yogurt bowl 57g
 Yogurt 16g, strawberries 19g,
 grahams 22g
Fruit/Vegetable choice
 Fruit cocktail 15g

19TH **Entree**
 Chicken slider 6g + biscuit 26g
Fruit/Vegetable choice
 Fruit cocktail 15g

26TH **Entrée**
 Yogurt bowl 44g
 Yogurt 16g, cherries 6g,
 grahams 22g
Fruit/Vegetable choice
 Fruit cocktail 15g



Food and Nutrition Division
 National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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