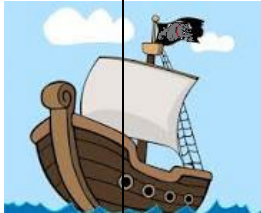



Menu subject to change based on food availability. Water offered at no charge with all meals Variety of milk offered at meal service.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Entrée choice Chicken tamales <i>w/wo queso</i> Pork carnitas quesadilla Grain/Fruit/Vegetable Choice Spanish rice Refried beans Ranch roasted broccoli Red apple slices or Craisins	2 Entrée choice Chicken spaghetti Steak strips Grain/Fruit/Vegetable Choice Garlic breadstick Fresh mixed greens salad <i>(made w/TX kale)</i> Sweet corn Red apple slices or Craisins	3 Entrée choice Boneless chicken wings Fish sticks Grain/Fruit/Vegetable Choice Cornbread star Veggie sticks <i>contains TX carrots</i> Creamy coleslaw <i>(contains TX cabbage)</i> Red apple slices or Craisins	4 Entrée choice Hamburger Cheeseburger Grain/Fruit/Vegetable Choice TX baby carrot sticks Crinkle cut fries Red apple slices or Craisins
7 Entrée choice Bulldog steak sandwich Chicken salad on croissant Grain/Fruit/Vegetable Choice Multigrain sunchips Celery and carrot sticks <i>contains TX carrots</i> Fresh TX broccoli salad TX tatin grapefruit or Mixed berry applesauce	8 Entrée choice TX beef street tacos Chicken street tacos Grain/Fruit/Vegetable Choice Zesty black beans Fresh mixed greens salad <i>(made w/TX kale)</i> TX tatin grapefruit or Mixed berry applesauce	9 Entrée choice Chicken alfredo pasta <i>served w/breadstick</i> Mega meat pizza <i>(TX product)</i> Grain/Fruit/Vegetable Choice TX cauliflower salad TX baby carrot sticks TX tatin grapefruit or Mixed berry applesauce	10 STAFF DEVELOPMENT DAY! NO SCHOOL!	11  FALL BREAK! NO SCHOOL!
14 FALL BREAK! NO SCHOOL! 	15 Entrée choice TX beef nacho grande Chicken/cheese quesadilla Grain/Fruit/Vegetable Choice Spanish rice Crunchy roasted chickpeas Herb roasted diced carrots TX tatin grapefruit or Mixed berry applesauce	16 Entrée choice Pasta w/chicken meatballs Popcorn chicken Grain/Fruit/Vegetable Choice Garlic breadstick Fresh TX broccoli salad Chili lime baby carrots Pear or Mixed berry applesauce	17 Entrée choice Parmesan ranch chicken tenders Steak strips Grain/Fruit/Vegetable Choice Honey wheat roll Summer squash & tomatoes <i>(contains TX squash)</i> Roasted O'Brien potatoes Pear or Mixed berry applesauce	18 Entrée choice BBQ pulled pork sandwich Fish sandwich Grain/Fruit/Vegetable Choice Shoestring fries Baked beans Pepper slaw <i>(contains TX cabbage)</i> Fresh pear or Mixed berry applesauce
21 Entrée choice Bacon swiss chicken sandwich PB and jelly sandwich Grain/Fruit/Vegetable Choice Garden salsa sunchips Veggie sticks <i>contains TX carrots</i> Herb roasted diced carrots TX orange wedges or Raisins	22 Entrée choice TX beef soft tacos Turkey soft tacos Grain/Fruit/Vegetable Choice Zesty black beans Ranch roasted broccoli TX orange wedges or Raisins	23 Entrée choice Spaghetti w/meat sauce <i>(made w/TX beef) served w/breadstick</i> Thin crust pepperoni pizza <i>(TX product)</i> Grain/Fruit/Vegetable Choice Baby carrot sticks Mixed greens salad <i>(made w/TX kale)</i> TX orange wedges or Raisins	24 Entrée choice Tangerine chicken fried rice bowl Fish sticks Grain/Fruit/Vegetable Choice Cornbread star Asian vegetable blend Cucumber and tomato salad TX orange wedges or Raisins	25 Entrée choice Hamburger Cheeseburger Grain/Fruit/Vegetable Choice Curly fries Creamy coleslaw <i>(contains TX cabbage)</i> TX orange wedges or Raisins
28 Entrée choice BBQ chicken drumstick <i>Served w/maple biscuit</i> Pizza cheese sticks Grain/Fruit/Vegetable Choice Celery and carrot sticks <i>contains TX carrots</i> Fresh TX broccoli salad TX apple or Boo Orange sidekick	29 Entrée choice Beef tamales <i>w/wo queso</i> Popcorn chicken Grain/Fruit/Vegetable Choice Spanish rice Refried beans TX cauliflower salad TX apple or Boo Orange sidekick	30 Entrée choice Chicken spaghetti Steak strips Grain/Fruit/Vegetable Choice Garlic breadstick Fresh mixed greens salad <i>(made w/TX kale)</i> Sweet corn TX apple or Boo Orange sidekick	31 Entrée choice Boneless chicken wings TX no beans chili Grain/Fruit/Vegetable Choice Cornbread star Roasted green beans w/bacon Cucumber & tomato salad TX apple or Boo Orange sidekick	 During the month of October, KISD school nutrition will feature Texas beef, pizza & produce. Help us celebrate TX farmers/ranchers. #BuyLocal #SupportTXFarms