

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