
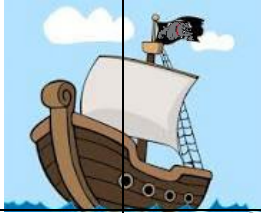




Menu subject to change based on food availability. Water offered at no charge with all meals Variety of milk offered at meal service.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
|    | <b>1 Entrée choice</b><br>Chicken & cheese quesadilla<br><b>Grain/Fruit/Vegetable Choice</b><br>Zesty black beans<br>Cucumber & tomato salad<br>Applesauce parfait          | <b>2 Entrée choice</b><br>Steak strips <i>served w/breadstick</i><br><b>Grain/Fruit/Vegetable Choice</b><br>Fresh mixed greens salad<br>Sweet corn<br>Red apple slices  | <b>3 Entrée choice</b><br>Boneless chicken wings<br><b>Grain/Fruit/Vegetable Choice</b><br>Cornbread star<br>Veggie sticks<br>Creamy coleslaw<br>Raspberry lemon craisins                                    | <b>4 Entrée choice</b><br>Hamburger<br>Cheeseburger<br><b>Grain/Fruit/Vegetable Choice</b><br>Baby carrot sticks<br>Shoestring fries<br>Orange wedges   |
| <b>7 Entrée choice</b><br>Turkey croissant sandwich<br><b>Grain/Fruit/Vegetable Choice</b><br>Garden salsa sunchips<br>Celery and carrot sticks<br>Roasted green beans w/bacon<br>Watermelon applesauce | <b>8 Entrée choice</b><br>TX beef street tacos<br><b>Grain/Fruit/Vegetable Choice</b><br>Seasoned pinto beans<br>Ranch roasted broccoli<br>TX grapefruit wedges             | <b>9 Entrée choice</b><br>Thin crust pepperoni pizza (TX product)<br><b>Grain/Fruit/Vegetable Choice</b><br>TX cauliflower salad<br>Baby carrot sticks<br>Green apple slices  | <b>10</b><br>STAFF DEVELOPMENT DAY!<br>NO SCHOOL!  |  <b>11</b><br>FALL BREAK!<br>NO SCHOOL!  |
| <b>14 FALL BREAK! NO SCHOOL!</b><br>  | <b>15 Entrée choice</b><br>TX beef nacho grande<br><b>Grain/Fruit/Vegetable Choice</b><br>Spanish rice<br>Refried beans<br>Roasted herbed diced carrots<br>Mandarin oranges | <b>16 Entrée choice</b><br>Spaghetti w/meat sauce (made w/TX beef)<br><b>Grain/Fruit/Vegetable Choice</b><br>Garlic breadstick<br>Fresh TX broccoli salad<br>Baby carrot sticks<br>TX apple wedges <i>super!</i> KILGORE SCHOOL MEALS ROCK! | <b>17 Entrée choice</b><br>Popcorn chicken<br><b>Grain/Fruit/Vegetable Choice</b><br>Sautéed squash & tomatoes (contains TX squash)<br>Mashed potatoes w/wo gravy<br>Crunchy roasted chickpeas<br>Fresh pear | <b>18 Entrée choice</b><br>BBQ pulled pork sandwich<br><b>Grain/Fruit/Vegetable Choice</b><br>Emoticon potatoes<br>Pepper slaw (contains TX cabbage)<br>Banana  |
| <b>FIND YOUR SCHOOL LUNCH TREASURE! KILGORE SCHOOL MEALS ROCK</b>   |   |   |  |   |
| <b>21 Entrée choice</b><br>Steak strips<br><b>Grain/Fruit/Vegetable Choice</b><br>Macaroni and cheese<br>Fresh mixed greens salad<br>Roasted herbed diced carrots<br>Blue raspberry raisins             | <b>22 Entrée choice</b><br>TX beef soft tacos<br><b>Grain/Fruit/Vegetable Choice</b><br>Seasoned pinto beans<br>Ranch roasted broccoli<br>TX grapefruit slices              | Thin crust veggie pizza (TX product)<br><b>Grain/Fruit/Vegetable Choice</b><br>TX cauliflower salad<br>Sweet corn<br>Green apple slices   | Tangerine chicken<br><b>Grain/Fruit/Vegetable Choice</b><br>Fried rice<br>Asian vegetable blend<br>Cucumber & tomato salad<br>Mixed berry applesauce   | <b>Entrée choice</b><br>Hamburger<br>Cheeseburger<br><b>Grain/Fruit/Vegetable Choice</b><br>Potato tots<br>Veggie sticks (contains TX carrots)<br>TX orange wedges  |
| <b>28 Entrée choice</b><br>Pizza cheese sticks<br><b>Grain/Fruit/Vegetable Choice</b><br>Honey dill carrot coins<br>Fresh mixed greens salad<br>Applesauce parfait                                      | <b>29 Entrée choice</b><br>Pork carnitas quesadilla<br><b>Grain/Fruit/Vegetable Choice</b><br>Zesty black beans<br>Fresh TX broccoli salad<br>Cherry craisins               | <b>30 Entrée choice</b><br>Penne w/chicken meatballs<br><b>Grain/Fruit/Vegetable Choice</b><br>Garlic breadstick<br>Cucumber & tomato salad<br>Baby carrot sticks<br>TX grapefruit slices   | <b>31 Entrée choice</b><br>Parmesan ranch chicken tenders<br><b>Grain/Fruit/Vegetable Choice</b><br>Cornbread star<br>Roasted green beans w/bacon<br>Emoticon potatoes<br>TX apple wedges                    |  During the month of October, KISD school nutrition will feature Texas beef, pizza & produce. Help us celebrate TX farmers/ranchers. #BuyLocal #SupportTXFarms |