




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 & cheese quesadilla (1/2) Grain/Fruit/Vegetable Choice Cucumber & tomato salad Applesauce parfait	2 Entrée choice Steak strips Grain/Fruit/Vegetable Choice Garlic breadstick Sweet corn Red apple slices	3 Entrée choice Boneless chicken wings Grain/Fruit/Vegetable Choice Cornbread star Veggie sticks Raspberry lemon craisins	4 Entrée choice Hamburger Cheeseburger Grain/Fruit/Vegetable Choice Shoestring fries Orange wedges
7 Entrée choice Turkey croissant sandwich (cut in ½) Grain/Fruit/Vegetable Choice Garden salsa sunchips Celery and carrot sticks Watermelon applesauce	8 Entrée choice TX beef street tacos Grain/Fruit/Vegetable Choice Seasoned pinto beans TX grapefruit wedges	9 Entrée choice Thin crust pepperoni pizza (TX product) Grain/Fruit/Vegetable Choice TX cauliflower salad Green apple slices	10 STAFF DEVELOPMENT DAY! NO SCHOOL!	11 FALL BREAK! NO SCHOOL!
14 FALL BREAK! NO SCHOOL! 	15 Entrée choice TX beef nacho grande Grain/Fruit/Vegetable Choice Spanish rice Roasted herbed diced carrots Mandarin oranges	16 Entrée choice Spaghetti w/meat sauce (made w/TX beef) Grain/Fruit/Vegetable Choice Garlic breadstick Baby carrot sticks TX apple wedges <small>sure! KILGORE</small>	17 Entrée choice Popcorn chicken Grain/Fruit/Vegetable Choice Mashed potatoes w/wo gravy Crunchy roasted chickpea Fresh pear (cut in wedges)	18 Entrée choice BBQ pulled pork sandwich (cut in ½) Grain/Fruit/Vegetable Choice Emoticon potatoes Pepper slaw (contains TX cabbage) Banana
FIND YOUR SCHOOL LUNCH TREASURE! KILGORE SCHOOL MEALS ROCK				
21 Entrée choice Steak strips Grain/Fruit/Vegetable Choice Macaroni and cheese Fresh mixed greens salad Blue raspberry raisins	22 Entrée choice TX beef soft tacos Grain/Fruit/Vegetable Choice Ranch roasted broccoli TX grapefruit slices	23 Entrée choice Thin crust veggie pizza (TX product) Grain/Fruit/Vegetable Choice Sweet corn Green apple slices	24 Entrée choice Tangerine chicken Grain/Fruit/Vegetable Choice Fried rice Cucumber & tomato salad Mixed berry applesauce	25 Entrée choice Hamburger Cheeseburger Grain/Fruit/Vegetable Choice Veggie sticks (contains TX carrots) TX orange wedges
28 Entrée choice Pizza cheese sticks Grain/Fruit/Vegetable Choice Honey dill carrot coins Applesauce parfait	29 Entrée choice Pork carnitas quesadilla Grain/Fruit/Vegetable Choice Zesty black beans Cherry craisins	30 Entrée choice Penne w/chicken meatballs Grain/Fruit/Vegetable Choice Baby carrot sticks TX grapefruit slices	31 Entrée choice Parmesan ranch chicken tenders Grain/Fruit/Vegetable Choice Cornbread star Emoticon potatoes TX apple wedges	 <p>During the month of October, KISD school nutrition will feature Texas beef, pizza & produce. Help us celebrate TX farmers/ranchers. #BuyLocal #SupportTXFarms</p>