

KILGORE MIDDLE SCHOOL LUNCH

OCTOBER 2024

Menu subject to change based on food availability. Water available at no charge at every meal. Variety of milk offered at meal service.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Entrée choice Pork tamales w/wo hatch queso Turkey soft tacos Popcorn chicken salad w/sunchips <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice Refried beans Fresh TX broccoli salad Apple or Raisin variety	2 Entrée choice Penne w/chicken meatballs Thin crust veggie pizza (TX product) Pizza cheesy sticks <u>Grain/Vegetable/Fruit Choice:</u> Garlic breadstick Mixed greens salad (contains TX kale) Roasted green beans w/bacon Apple or Raisin variety	3 Entrée choice Tangerine chicken fried rice Steak strips Buffalo chicken baked potato <u>Grain/Vegetable/Fruit Choice:</u> Cornbread star Herb roasted diced carrots Sweet corn Apple or Raisin variety	4 Entrée choice Bulldog steak sandwich Spicy bulldog steak sandwich Corndog <u>Grain/Vegetable/Fruit Choice:</u> Seasoned fries Veggie sticks (contains TX carrots) Apple or Raisin variety
	7 Entrée choice Bacon swiss chicken sandwich Chicken salad on a croissant <u>Grain/Vegetable/Fruit Choice:</u> Garden salsa sunchips Potato tots Baby carrot sticks Cucumber & tomato salad Orange or Watermelon applesauce	8 Entrée choice Street tacos (TX beef, Pork or Chicken) Turkey bacon salad w/sunchips <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice Zesty black beans Ranch roasted broccoli Orange or Watermelon applesauce 	9 Entrée choice Spaghetti w/meat sauce (made w/TX beef) Mega meat pizza (TX product) <u>Grain/Vegetable/Fruit Choice:</u> Garlic breadstick TX cauliflower salad Veggie sticks (contains TX carrots) Orange or Watermelon applesauce	10 STAFF DEVELOPMENT DAY! NO SCHOOL! 
14 FALL BREAK! NO SCHOOL! 	15 Entrée choice Turkey barbacoa flautas Pork carnitas quesadilla <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice Seasoned pinto beans Ranch roasted broccoli Orange or Watermelon applesauce 	16 Entrée choice Chicken alfredo pasta Thin crust supreme pizza (TX product) <u>Grain/Vegetable/Fruit Choice:</u> Garlic breadstick Mixed greens salad (contains TX kale) Roasted green beans w/bacon Pear or Watermelon applesauce	17 Entrée choice Parmesan ranch chicken tenders TX beef chimichurri rice bowl BBQ pork baked potato <u>Grain/Vegetable/Fruit Choice:</u> Fresh baked maple biscuit Chili lime baby carrots Squash & tomatoes (contains TX squash) Pear or Watermelon applesauce	18 Entrée choice K filet sandwich Spicy rodeo burger Deluxe fish sandwich <u>Grain/Vegetable/Fruit Choice:</u> Seasoned fries Spicy cucumber salad Pear or Watermelon applesauce 
21 Entrée choice Oven fried chicken Steak strips <u>Grain/Vegetable/Fruit Choice:</u> Fresh baked biscuit Mashed sweet potatoes TX broccoli salad Tajin TX grapefruit or sliced apples	22 Entrée choice Soft tacos (TX beef or Chicken) Cilantro chicken salad w/sunchips <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice Refried beans Honey dill carrot coins Tajin TX grapefruit or sliced apples	23 Entrée choice Chicken spaghetti w/wo breadstick Thin crust pepperoni pizza (TX product) <u>Grain/Vegetable/Fruit Choice:</u> Mixed greens salad (contains TX kale) Baby carrot sticks (TX grown) Tajin TX grapefruit or sliced apples	24 Entrée choice General Tso's noodle bowl Chicken pot sticker dumplings TX all meat chili baked potato <u>Grain/Vegetable/Fruit Choice:</u> Homemade cornbread Asian vegetable blend Roasted green beans w/bacon Tajin TX grapefruit or sliced apples	25 Entrée choice BBQ pulled pork sandwich BBQ chicken sandwich <u>Grain/Vegetable/Fruit Choice:</u> Shoestring fries Baked beans Pepper slaw Tajin TX grapefruit or sliced apples
28 Entrée choice Boneless chicken wings Nashville chicken chunks Steak strips <u>Grain/Vegetable/Fruit Choice:</u> Macaroni and cheese Sweet corn Baby carrot sticks (TX grown) TX apple or Eek orange sidekick	29 Entrée choice Chicken tamales w/wo hatch queso TX beef & cheese quesadilla Sp. popcorn salad w/sunchips <u>Grain/Vegetable/Fruit Choice:</u> Spanish rice Zesty black beans TX broccoli salad TX apple or Eek orange sidekick	30 Entrée choice Spaghetti w/meat sauce (made w/TX beef) Selfie cheese (TX product) Selfie pepperoni pizza (TX product) <u>Grain/Vegetable/Fruit Choice:</u> Garlic breadstick TX cauliflower salad Veggie sticks (contains TX carrots) TX apple or Eek orange sidekick	31 Entrée choice Tangerine chicken fried rice Buffalo chicken baked potato PB & jelly sammie <u>Grain/Vegetable/Fruit Choice:</u> Cornbread star Roasted green beans w/bacon Spicy cucumber salad TX apple or Eek orange sidekick	 <p>During the month of October, KISD school nutrition will feature Texas beef, pizza & produce. Help us celebrate TX farmers/ranchers. #BuyLocal #SupportTXFarms</p>