



# KILGORE HIGH 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
	<b>1 Entrée choice</b> Beef tamale plate w/wo queso Pork carnitas quesadilla w/wo queso Cilantro chicken salad w/sunchips <b>Grain/Vegetable/Fruit Choice:</b> Spanish rice Seasoned pinto beans Roasted green beans w/bacon Apple or Mandarin oranges	<b>2 Entrée choice</b> Pasta w/chicken meatballs <i>Served w/breadstick</i> Thin crust veggie pizza (TX product) Selfie pepperoni pizza (TX product) <b>Grain/Vegetable/Fruit Choice:</b> Fresh mixed greens salad (contains TX kale) Sweet corn Apple or Craisin variety	<b>3 Entrée choice</b> Tangerine chicken fried rice Chicken pot sticker dumplings Buffalo chicken baked potato <b>Grain/Vegetable/Fruit Choice:</b> Fresh baked maple biscuit Chili lime baby carrots Spicy cucumber salad Apple or Craisin variety	<b>4 Entrée choice</b> Bulldog steak sandwich Spicy bulldog steak sandwich Spicy rodeo burger <b>Grain/Vegetable/Fruit Choice:</b> Seasoned fries Veggie sticks (contains TX carrots) Apple or Craisin variety
	<b>7 Entrée choice</b> Oven baked fried chicken Steak strips <b>Grain/Vegetable/Fruit Choice:</b> Fresh baked biscuit Herb roasted diced carrots O'Brien potatoes TX tajin grapefruit wedges or Watermelon applesauce	<b>8 Entrée choice</b> Turkey barbacoa flautas Chicken & cheese quesadilla Popcorn chicken salad w/sunchips <b>Grain/Vegetable/Fruit Choice:</b> Spanish rice Baby carrot sticks TX broccoli salad Zesty black beans TX tajin grapefruit wedges or Watermelon applesauce	<b>9 Entrée choice</b> Spaghetti w/TX beef meat sauce <i>Served w/breadstick</i> Mega meat pizza (TX product) Buffalo chicken pizza <b>Grain/Vegetable/Fruit Choice:</b> TX cauliflower salad Veggie sticks (contains TX carrots) TX tajin grapefruit wedges or Watermelon applesauce	<b>10</b> <p style="text-align: center;"><b>STAFF DEVELOPMENT DAY! NO SCHOOL!</b></p>
<b>14</b> <p style="text-align: center;"><b>FALL BREAK! NO SCHOOL!</b></p>	<b>15 Entrée choice</b> Street tacos (TX beef, chicken, lentil) <b>Grain/Vegetable/Fruit Choice:</b> Spanish rice Refried beans Honey dill carrot coins TX tajin grapefruit wedges or Watermelon applesauce	<b>16 Entrée choice</b> Chicken alfredo pasta <i>served w/breadstick</i> Thin crust supreme pizza (TX product) French bread cheese pizza <b>Grain/Vegetable/Fruit Choice:</b> TX broccoli salad Sweet corn TX Pear or Watermelon applesauce	<b>17 Entrée choice</b> Parmesan ranch chicken tenders TX beef chimichurri rice bowl BBQ pork baked potato <b>Grain/Vegetable/Fruit Choice:</b> Honey wheat roll Roasted green beans w/bacon Squash & tomatoes (contains TX squash) TX Pear or Watermelon applesauce	<b>18 Entrée choice</b> Chicken filet sandwich Spicy chicken filet sandwich Deluxe fish sandwich <b>Grain/Vegetable/Fruit Choice:</b> Seasoned fries Spicy cucumber salad TX Pear or Watermelon applesauce
<b>21 Entrée choice</b> Spicy chicken meatball sub Grilled cheese sandwich <b>Grain/Vegetable/Fruit Choice:</b> Garden salsa sunchips Pepper slaw (contains TX cabbage) Mixed greens salad (contains TX kale) TX orange wedges or Raisin variety	<b>22 Entrée choice</b> Soft tacos (TX beef or turkey) Chicken crisps plate Spicy popcorn chicken chef salad <i>Served w/sunchips</i> <b>Grain/Vegetable/Fruit Choice:</b> Spanish rice Zesty black beans TX broccoli salad TX orange wedges or Raisin variety	<b>23 Entrée choice</b> Chicken spaghetti <i>served w/breadstick</i> Thin crust pepperoni pizza (TX product) Selfie cheese pizza (TX product) <b>Grain/Vegetable/Fruit Choice:</b> TX cauliflower salad Chili lime baby carrots TX orange wedges or Raisin variety	<b>24 Entrée choice</b> General Tso's noodle bowl Chicken pot sticker dumplings TX no meat chili baked potato <b>Grain/Vegetable/Fruit Choice:</b> Fresh baked biscuit Asian vegetable blend Roasted green beans w/bacon TX orange wedges or Raisin variety	<b>25 Entrée choice</b> BBQ pulled pork sandwich BBQ chicken sandwich <b>Grain/Vegetable/Fruit Choice:</b> Shoestring fries Baked beans Veggie sticks (contains TX carrots) TX orange wedges or Raisin variety
<b>28 Entrée choice</b> Boneless chicken chunks Nashville chicken chunks Steak strips <b>Grain/Vegetable/Fruit Choice:</b> Macaroni and cheese Spicy cucumber salad Baby carrot sticks (TX product) TX apple or EEK orange cream sidekick	<b>29 Entrée choice</b> Pork tamale plate w/wo hatch queso TX beef/cheese quesadilla w/wo hatch queso Cilantro chicken salad w/sunchips <b>Grain/Vegetable/Fruit Choice:</b> Spanish rice Seasoned pinto beans Mixed greens salad (contains TX kale) TX apple or EEK orange cream sidekick	<b>30 Entrée choice</b> Spaghetti w/TX beef meat sauce <i>Served w/breadstick</i> Thin crust veggie pizza (TX product) Selfie pepperoni pizza (TX product) <b>Grain/Vegetable/Fruit Choice:</b> TX broccoli salad Sweet corn TX apple or EEK orange cream sidekick	<b>31 Entrée choice</b> Chicken wings Steak strips BBQ pulled pork baked potato <b>Grain/Vegetable/Fruit Choice:</b> Fresh baked maple biscuit Sweet potato fries Celery & carrot sticks TX apple or EEK orange cream sidekick	



KISD school nutrition services is spotlighting all TX grown/created products during the month of October. Grab a lunch and help us celebrate all the good food farmers/ranchers provide. #SupportTXFarmer #TexasFarmFresh

