

Kilgore Independent School District

Intermediate and Chandler Elementary Lunch Menu

September 2019

Variety of Milk offered at every meal

Menu subject to change based on food availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day Holiday! No School!</p>	<p>3 <u>Entrée choice</u> Crunchy Beef Tostadas Crunchy Chicken Tostadas <u>Grain/Vegetable/Fruit Choice:</u> Homemade Pinto Beans Baby Carrot Sticks Red Apple or Orange Wedges</p>	<p>4 <u>Entrée choice</u> Chicken Spaghetti Steak Strips <u>Grain/Vegetable/Fruit Choice:</u> Garlic Breadstick Spinach Salad Glazed Carrots Red Apple or Orange Wedges</p>	<p>5 <u>Entrée choice</u> Sweet & Sour Chicken Rice Bowl Pizza Cheese Sticks <i>w/wo marinara</i> <u>Grain/Vegetable/Fruit Choice:</u> Veggie Egg Roll Mixed Greens Salad Imperial Vegetable Blend Red Apple or Orange Wedges</p>	<p>6 <u>Entrée choice</u> Hot Dog <i>w/wo chili sauce</i> Four Cheese Pizza Slice <u>Grain/Vegetable/Fruit Choice:</u> Crinkle Cut Fries Cucumber Tomato Salad Red Apple or Orange Wedges</p>
<p>9 <u>Entrée choice</u> Meatball Sub Sandwich <i>w/wo toppings</i> Mega Mini Waffle Chicken Chunk <u>Grain/Vegetable/Fruit Choice:</u> Smiling Potatoes Baby Carrot Sticks TX Peach or TX Watermelon Chunks</p>	<p>10 <u>Entrée choice</u> Beef Tamales Green Chili Chicken Nachos <u>Grain/Vegetable/Fruit Choice:</u> Spanish Rice Sweet Corn Steamed Broccoli Crowns TX Peach or TX Watermelon Chunks</p>	<p>11 <u>Entrée choice</u> Rotini w/meatballs Tempura Chicken Chunks <u>Grain/Vegetable/Fruit Choice:</u> Garlic Breadstick Spinach Salad Winter Vegetable Blend TX Peach or TX Watermelon Chunks</p>	<p>12 <u>Entrée choice</u> Popcorn Chicken Meatloaf <u>Grain/Vegetable/Fruit Choice:</u> Honey Wheat Roll Fresh Mashed Potatoes <i>w/wo gravy</i> Roasted Green Beans TX Peach or TX Watermelon Chunks</p>	<p>13 <u>Entrée choice</u> Hamburger/Cheeseburger <i>w/wo toppings</i> Baja Fish Taco <i>w/wo cabbage slaw</i> <u>Grain/Vegetable/Fruit Choice:</u> Curly Fries Baked Beans Cucumber Tomato Salad TX Peach or TX Watermelon Chunks</p>
<p>16 <u>Entrée choice</u> Asian Glazed Chicken Chunks Steak Strips <u>Grain/Vegetable/Fruit Choice:</u> Mediterranean Quinoa Salad Sweet Potato Fries Key West Vegetable Blend Fresh Plum or Green Grapes</p>	<p>17 <u>Entrée choice</u> Pork Carnitas Soft Taco <i>w/wo toppings</i> Fajita Chicken Soft Taco <i>w/wo toppings</i> <u>Grain/Vegetable/Fruit Choice:</u> Spanish Rice Homemade Pinto Beans Fresh Veggie Sticks Fresh Plum or Green Grapes</p>	<p>18 <u>Entrée choice</u> Cheeseburger Pizza Slice Cheesy Lasagna Roll Up <u>Grain/Vegetable/Fruit Choice:</u> Fresh Mixed Greens Salad Glazed Carrots Fresh Plum or Green Grapes</p>	<p>19 <u>Entrée choice</u> Breaded Chicken Drumstick Breaded Pork Chop <u>Grain/Vegetable/Fruit Choice:</u> Macaroni and Cheese Summer Squash and Tomatoes Spinach Salad Fresh Plum or Green Grapes</p>	<p>20 <u>Entrée choice</u> Corn Dog Pizza Cheese Sticks <i>w/wo marinara</i> <u>Grain/Vegetable/Fruit Choice:</u> Crinkle Cut Fries Baby Carrot Sticks Fresh Plum or Green Grapes</p>
<p>23 <u>Entrée choice</u> Chicken Strips Cheesesteak Sandwich <i>w/wo toppings</i> <u>Grain/Vegetable/Fruit Choice:</u> Smiling Potatoes Gazed Carrots Apple or Raisin Variety</p>	<p>24 <u>Entrée choice</u> Beef Grande Nachos SW Chicken Flautas <u>Grain/Vegetable/Fruit Choice:</u> Spanish Rice Homemade Pinto Beans Tangy Pepper & Tomato Salad Apple or Raisin Variety</p>	<p>25 <u>Entrée choice</u> Tangerine Chicken Noodle Bowl Four Cheese Pizza Slice <u>Grain/Vegetable/Fruit Choice:</u> Fresh Mixed Greens Salad Winter Vegetable Blend Apple or Raisin Variety</p>	<p>26 <u>Entrée choice</u> Tempura Chicken Chunks Steak Strips <u>Grain/Vegetable/Fruit Choice:</u> Honey Wheat Roll Roasted Rosemary Potatoes Key West Vegetable Blend Apple or Raisin Variety</p>	<p>27 <u>Entrée choice</u> Chicken Sandwich <i>w/wo toppings</i> Fish Nuggets <u>Grain/Vegetable/Fruit Choice:</u> Curly Fries Creamy Coleslaw Apple or Raisin Variety</p>
<p>30 <u>Entrée choice</u> TX BBQ Sandwich <i>w/wo toppings</i> Chicken Strips <i>w/wo cornmeal star</i> <u>Grain/Vegetable/Fruit Choice:</u> Potato Smiles Baby Carrot Sticks Red Grapes or Raspberry Sidekick</p>	<p><i>In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;(2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.</i></p>			