

Kilgore Independent School District

Kilgore Middle Lunch Menu

September 2019

Variety of Milk offered at each 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 Tacos <i>w/wo toppings</i> Spicy Chicken Chunks BBQ Baked Potato <i>w/wo biscuit</i> <u>Grain/Vegetable/Fruit Choice:</u> Spanish Rice Baby Carrot Sticks Homemade Pinto Beans Red Apple or Orange Wedges</p>	<p>4 <u>Entrée choice</u> Thai Sweet Chili Chicken Fried Rice Personal Cheese Pizza <u>Grain/Vegetable/Fruit Choice:</u> Veggie Egg Roll Fresh Mixed Greens Salad Imperial Vegetable Blend Red Apple or Orange Wedges</p>	<p>5 <u>Entrée choice</u> Breaded Chicken Drumstick Baked Chicken Fried Steak Buffalo Chicken Chef Salad <u>Grain/Vegetable/Fruit Choice:</u> Honey Wheat Roll Steamed Broccoli Crowns Mashed Potatoes <i>w/wo brown gravy</i> Glazed Carrot Coins Red Apple or Orange Wedges</p>	<p>6 <u>Entrée choice</u> Hamburger w/wo cheese <i>w/wo toppings</i> Baja Fish Tacos <i>w/wo toppings</i> <u>Grain/Vegetable/Fruit Choice:</u> Curly Fries Creamy Ranch Coleslaw Red Apple or Orange Wedges</p>
<p>9 <u>Entrée choice</u> Honey Sriracha Chicken Chunks Meatball Sub Sandwich <u>Grain/Vegetable/Fruit Choice:</u> Potato Tots Glazed Carrot Coins Baked Beans Peach or TX Watermelon Chunks</p>	<p>10 <u>Entrée choice</u> Beef Tamales <i>w/wo cheese sauce</i> Green Chili Chicken Nachos Buffalo Chicken Baked Potato <i>w/wo biscuit</i> <u>Grain/Vegetable/Fruit Choice:</u> Spanish Rice Sweet Corn Baby Carrot Sticks Peach or TX Watermelon Chunks</p>	<p>11 <u>Entrée choice</u> Spaghetti w/meatballs Tempura Chicken Chunks <u>Grain/Vegetable/Fruit Choice:</u> Garlic Breadstick Spinach Salad Winter Vegetable Blend Peach or TX Watermelon Chunks</p>	<p>12 <u>Entrée choice</u> Buffalo Chicken Drumstick Steak Strips Cobb Chef Salad <u>Grain/Vegetable/Fruit Choice:</u> Honey Wheat Roll Roasted Rosemary Potatoes Key West Vegetable Blend Peach or TX Watermelon Chunks</p>	<p>13 <u>Entrée choice</u> Chicken Sandwich <i>(reg or spicy)</i> <i>w/wo toppings</i> Spicy Tuna Sandwich <i>w/wo toppings</i> <u>Grain/Vegetable/Fruit Choice:</u> Crinkle Cut Fries Creamy Coleslaw 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> Chicken Fajita Soft Tacos <i>w/wo toppings</i> BBQ Baked Potato <i>w/wo biscuit</i> <u>Grain/Vegetable/Fruit Choice:</u> Cucumber Tomato Salad Homemade Pinto Beans Fresh Plum or Green Grapes</p>	<p>18 <u>Entrée choice</u> Teriyaki Chicken Noodle Bowl Cheeseburger Pizza <u>Grain/Vegetable/Fruit Choice:</u> Fresh Mixed Greens Salad Winter Vegetable Blend Fresh Plum or Green Grapes</p>	<p>19 <u>Entrée choice</u> Popcorn Chicken Breaded Pork Chop Buffalo Chicken Salad <i>w/wo crackers</i> <u>Grain/Vegetable/Fruit Choice:</u> Macaroni and Cheese Spinach Salad Baby Carrot Sticks Fresh Plum or Green Grapes</p>	<p>20 <u>Entrée choice</u> Big Dog Steak Sandwich <i>(reg or spicy)</i> <i>w/wo toppings</i> Fish Nuggets <i>w/wo garlic breadstick</i> <u>Grain/Vegetable/Fruit Choice:</u> Potato Tots Baked Beans Fresh Veggie Sticks Fresh Plum or Green Grapes</p>
<p>23 <u>Entrée choice</u> Cheesesteak Sandwich Corndog <u>Grain/Vegetable/Fruit Choice:</u> Seasoned Fries Baby Carrot Sticks Green Apple or Raisin Variety</p>	<p>24 <u>Entrée choice</u> Beef Nacho Grande SW Chicken Flautas Buffalo Chicken Baked Potato <i>w/wo biscuit</i> <u>Grain/Vegetable/Fruit Choice:</u> Spanish Rice Tangy Pepper and Tomato Salad Homemade Pinto Beans Green 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> Veggie Egg Roll Fresh Mixed Greens Salad Imperial Vegetable Blend Green Apple or Raisin Variety</p>	<p>26 <u>Entrée choice</u> Chicken Strips Steak Strips Cobb Chef Salad <i>w/wo wheat roll</i> <u>Grain/Vegetable/Fruit Choice:</u> Honey Wheat Roll Key West Vegetable Blend Roasted Rosemary Potatoes Green Apple or Raisin Variety</p>	<p>27 <u>Entrée choice</u> Hamburger w/wo cheese <i>w/wo toppings</i> Fish Sandwich <i>w/wo toppings</i> <u>Grain/Vegetable/Fruit Choice:</u> Curly Fries Fresh Veggie Sticks Green Apple or Raisin Variety</p>
<p>30 <u>Entrée choice</u> TX BBQ Sandwich <i>w/wo toppings</i> Buffalo Chicken Strips <u>Grain/Vegetable/Fruit Choice:</u> Cornbread Star Potato Tots Baby Carrot Sticks Red Grapes or Raspberry Sidekick</p>	<p>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.</p>			