

Kilgore Independent School District

Kilgore Primary Lunch Menu

September 2019

Variety of Milk offered at every meal.

PreKinder & Head Start only receive 1% white milk with 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 Grain/Vegetable/Fruit Choice: Homemade Pinto Beans Baby Carrot Sticks Red Apple Slices</p>	<p>4 <u>Entrée choice</u> Steak Strips Grain/Vegetable/Fruit Choice: Garlic Breadstick Spinach Salad Glazed Carrots Orange Smiles</p>	<p>5 <u>Entrée choice</u> Pizza Cheese Sticks <i>w/wo marinara</i> Grain/Vegetable/Fruit Choice: Mixed Greens Salad Imperial Vegetable Blend Strawberry Craisins</p>	<p>6 <u>Entrée choice</u> Hot Dog <i>w/wo chili sauce</i> Tempura Chicken Chunks (PreK/HS) Grain/Vegetable/Fruit Choice: Crinkle Cut Fries Cucumber Tomato Salad Blue Raspberry Sidekick</p>
<p>9 <u>Entrée choice</u> Mega Mini Waffle Chicken Chunk Grain/Vegetable/Fruit Choice: Smiling Potatoes Baby Carrot Sticks TX Watermelon Chunks</p>	<p>10 <u>Entrée choice</u> Beef Tamales Grain/Vegetable/Fruit Choice: Spanish Rice Sweet Corn Steamed Broccoli Crowns Banana</p>	<p>11 <u>Entrée choice</u> Rotini w/ meatballs Grain/Vegetable/Fruit Choice: Garlic Breadstick Spinach Salad Winter Vegetable Blend TX Peach</p>	<p>12 <u>Entrée choice</u> Popcorn Chicken Grain/Vegetable/Fruit Choice: Honey Wheat Roll Fresh Mashed Potatoes <i>w/wo gravy</i> Roasted Green Beans Orange Smiles</p>	<p>13 <u>Entrée choice</u> Hamburger/Cheeseburger <i>w/wo toppings</i> Grain/Vegetable/Fruit Choice: Curly Fries Baked Beans Cucumber Tomato Salad Watermelon Raisels</p>
<p>16 <u>Entrée choice</u> Asian Glazed Chicken Chunks Grain/Vegetable/Fruit Choice: Mediterranean Quinoa Salad Sweet Potato Fries Key West Vegetable Blend Applesauce Parfait</p>	<p>17 <u>Entrée choice</u> Fajita Chicken Soft Taco <i>w/wo toppings</i> Grain/Vegetable/Fruit Choice: Homemade Pinto Beans Fresh Veggie Sticks Green Grapes</p>	<p>18 <u>Entrée choice</u> Cheeseburger Pizza Slice Grain/Vegetable/Fruit Choice: Fresh Mixed Greens Salad Glazed Carrot Coins Fresh Plum</p>	<p>19 <u>Entrée choice</u> Breaded Chicken Drumstick Grain/Vegetable/Fruit Choice: Macaroni and Cheese Summer Squash and Tomatoes Spinach Salad Cherry Craisins</p>	<p>20 <u>Entrée choice</u> Pizza Cheese Sticks <i>w/wo marinara</i> Grain/Vegetable/Fruit Choice: Crinkle Cut Fries Baby Carrot Sticks Strawberry Mango Sidekick</p>
<p>23 <u>Entrée choice</u> Chicken Sandwich <i>w/wo toppings</i> Grain/Vegetable/Fruit Choice: Smiling Potatoes Baby Carrot Sticks Orange Raisels</p>	<p>24 <u>Entrée choice</u> Beef Grande Nachos Grain/Vegetable/Fruit Choice: Spanish Rice Homemade Pinto Beans Tangy Pepper and Tomato Salad Red Apple Slices</p>	<p>25 <u>Entrée choice</u> Four Cheese Pizza Slice Grain/Vegetable/Fruit Choice: Fresh Mixed Greens Salad Winter Vegetable Blend Orange Smiles</p>	<p>26 <u>Entrée choice</u> Steak Strips Grain/Vegetable/Fruit Choice: Honey Wheat Roll Roasted Rosemary Potatoes Key West Vegetable Blend Red Grapes</p>	<p>27 <u>Entrée choice</u> Hamburger/Cheeseburger <i>w/wo toppings</i> Grain/Vegetable/Fruit Choice: Curly Fries Creamy Coleslaw Blueberry Craisins</p>
<p>30 <u>Entrée choice</u> Chicken Strips <i>w/wo cornmeal star</i> Grain/Vegetable/Fruit Choice: Smiling Potatoes Baby Carrot Sticks Applesauce Parfait</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>			