



# KC High Lunch Menu



**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk

**Daily Vegetable Choices May Include:**

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

**Daily Fruit Choices May Include:**

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges



**Leave Your Lunch at Home**

Daily entrée options may include:

- Turkey and Spinach Wrap
- Walking Taco Craveable
- Turkey/Bacon/Cheddar Flatbread
- Ham and Cheese Pretzel
- Italian Deli Hoagie
- Cheese on Ciabatta
- Chef's Salad w/ roll
- Crispy Chicken Salad w/ Roll
- Strawberry Spinach Salad w/ Roll
- Vegetable Garden Salad w/Roll
- Taco Salad w/Roll
- Chicken Caesar Salad w/Roll



**Lunch Prices:**

Student: Free  
Reduced: Free  
Adult: \$3.45

**General Manager:**

Kristen Carson  
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724-756-2030 Ext. 1015

**Email:**

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USDA is an equal opportunity provider and employer.

Menu is subject to change due to availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 3	January 4	January 5	January 6	January 7
<b>cheffresh</b> fresh • made • goodness • to • go <b>Chef's Salad or Turkey and Cheese Sandwich</b>				
<b>ENTRÉE</b> Chicken Noodle Soup with Grilled Cheese	<b>ENTRÉE</b> Popcorn Chicken Bowl w. Roll	<b>ENTRÉE</b> Cheesesteak Loaded Potatoes	<b>ENTREE</b> Chicken Nuggets over Buttered Noodles	<b>ENTRÉE</b> Cheeseburger Pizza
<b>FEATURED VEGGIES</b> Side Soup Carrots and Celery Sticks Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Mashed Potatoes and Gravy Steamed Corn Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Glazed Carrots Oven Fries Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Seasoned Peas Buttered Noodles Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Potato Wedges Green Beans Featured Fruit Choice of Milk
January 10	January 11	January 12	January 13	January 14
<b>cheffresh</b> fresh • made • goodness • to • go <b>Southwest BBQ Chicken Salad or BBQ Chicken Bacon Sandwich</b>				
<b>ENTRÉE</b> BBQ Pulled Pork Sandwich	<b>ENTRÉE</b> Cheeseburger Bowl w. Roll	<b>ENTRÉE</b> Boneless Chicken Wings	<b>ENTREE</b> Spaghetti and Meatballs	<b>ENTRÉE</b> Pizza Crunchers
<b>FEATURED VEGGIES</b> Mac and Cheese Steamed Corn Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Tater Tots Chickpea Salad Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Potato Salad Green Beans Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Side Caesar Salad Side Pasta Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Mashed Potatoes and Gravy Vegetable Mix Featured Fruit Choice of Milk
January 17	January 18	January 19	January 20	January 21
<b>cheffresh</b> fresh • made • goodness • to • go <b>Taco Salad or Ham and Cheese Sandwich</b>				
<b>ACT 80 DAY NO SCHOOL</b>	<b>ENTRÉE</b> Loaded Taco Bowl w. Roll	<b>ENTRÉE</b> Bacon Cheeseburger	<b>ENTREE</b> Buffalo Chicken Mac and Cheese	<b>ENTRÉE</b> BBQ Chicken Pizza
	<b>FEATURED VEGGIES</b> Tater Tots Steamed Corn Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Glazed Carrots Waffle Fries Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Cauliflower Side Mac and Cheese Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Potato Wedges Cheesy Broccoli Featured Fruit Choice of Milk
January 25	January 26	January 27	January 28	
<b>cheffresh</b> fresh • made • goodness • to • go <b>Oriental Chicken Salad or Asian BBQ Chicken Wrap</b>				
<b>ENTRÉE</b> Tomato Soup w/ Grilled Cheese	<b>ENTRÉE</b> Asian Noodle Bowl w. Roll	<b>ENTRÉE</b> Mini Corn Dogs with Cheesesticks	<b>ENTREE</b> Chicken Alfredo over Penne w. Roll	<b>ENTRÉE</b> Buffalo Chicken Pizza
<b>FEATURED VEGGIES</b> Steamed Corn Side of Soup Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Side Noodles Fruit Salad Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Coleslaw Carrots and Celery Sticks Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Broccoli Side Pasta Featured Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Mac and Cheese Green Beans Featured Fruit Choice of Milk