



KARNAS CITY AREA SCHOOL DISTRICT BREAKFAST MENU



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

- ★ **Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.**
- Meal or meal alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

- **Dark green** - spinach, broccoli, romaine and spring salad
- **Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers
- **Beans/Peas**
- **Starchy** - white potatoes, corn, and lima beans
- **Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans, and cabbage

Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices, and mandarin oranges

LEAVE YOUR LUNCHBOX AT HOME! DAILY ALTERNATES

Fresh Entree Salad of the Week



Craveable Alternates could include:

- Nacho with Chips and Salsa
- Make your Own Pizza
- Yogurt, Cheese Stick, and Crackers
- Breadstick Dipper
- and more.....

Lunch Prices:

Student: Free
 Reduced: Free
 Adult: \$

General Manager:

Kristen Carson
Phone Number:
 724-756-2030 Ext. 1015
Email:
metzfoods@kcasdk12.org

USDA is an equal opportunity provider and employer.
 Menu subject to change due to availability.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 4/25 | April 26 | April 27 | April 28 | April 29 |
| ENTRÉE Cinnamon Rolls Cini Mini | ENTRÉE Sausage Gravy/Biscuits | ENTRÉE Bagel with Cream Cheese | ENTRÉE Donut Holes with Yogurt | ENTRÉE Pancake on a Stick |
| FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk |
| May 2 | May 3 | May 4 | May 5 | May 6 |
| ENTRÉE Strudels Cini Mini | ENTRÉE French Toast with Sausage | ENTRÉE Pretzel with Cream Cheese | ENTRÉE Scrambled Eggs Sausage English Muffin | ENTRÉE |
| FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk |
| May 9 | May 10 | May 11 | May 12 | May 13 |
| ENTRÉE Cinnamon Rolls Cini Mini | ENTRÉE Fresh Fruit Bowl w. Granola and Muffin | ENTRÉE Bagel with Cream Cheese | ENTRÉE Donut Holes with Yogurt | ENTRÉE Pancake on a Stick |
| FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS | FEATURED SELECTIONS |
| May 16 | May 17 | May 18 | May 19 | May 20 |
| ENTRÉE Strudels Cini Mini | ENTRÉE French Toast with Sausage | ENTRÉE Pretzel with Cream Cheese | ENTREE Pancakes Sausage | ENTRÉE PASTRY DAY |
| FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk |
| May 23 | May 24 | May 25 | May 26 | |
| ENTRÉE Cinnamon Rolls Cini Mini | ENTRÉE Pancakes Sausage | ENTRÉE KC TIE DYE DONUTS | ENTRÉE Funnel Cake | |
| FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | FEATURED SELECTIONS Assorted 100% Fruit Juice Assorted Fruits Assorted Canned Fruit Choice of Milk | |