



May
2022



KARNS CITY AREA SCHOOL DISTRICT ELEMENTARY LUNCH 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.**

- Meat or meat 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 of the Week which 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: \$3.55

General Manager:

Kristen Carson

Phone Number:

724-756-2030 Ext. 1015

Email:

metzfoods@kcasdk12.org

Menu subject to change due to availability

USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/25 Chicken Patty Sandwich on Whole Grain Bun	April 26 Walking Taco	April 27 Chicken Tenders	April 28 Philly Cheesesteak	April 29 Stuffed Crust Pizza
Italian Craveable Featured Veggies: Potato Wedges Vegetable Selection Featured Fruit Choice of Milk	Italian Craveable Featured Veggies: Pretzel Sticks Vegetable Selection Featured Fruit Choice of Milk	Italian Craveable Featured Veggies: Mashed Potatoes and Gravy Vegetable Selection Featured Fruit Choice of Milk	Italian Craveable Featured Veggies: Curly Fries Vegetable Selection Featured Fruit Choice of Milk	Italian Craveable Featured Veggies: Pasta Salad Vegetable Selection Featured Fruit Choice of Milk
May 2 Chicken Nuggets	May 3 BBQ Pulled Pork Bowl w. Roll	May 4 BREAKFAST FOR LUNCH	May 5 Pasta w. Meat Sauce w. Garlic Breadstick	
Nacho Craveable Featured Veggies: Buttered Noodles Vegetable Selection Featured Fruit Choice of Milk	Nacho Craveable Featured Veggies: Tater Tots Vegetable Selection Featured Fruit Choice of Milk	Nacho Craveable Featured Veggies: Hash Browns Vegetable Selection Featured Fruit Choice of Milk	Nacho Craveable Featured Veggies: Potato Salad Vegetable Selection Featured Fruit Choice of Milk	
May 9 Sloppy Joes	May 10 Popcorn Chicken Bowl w. Roll	May 11 Lil Dipper Day	May 12 Chicken Alfredo w. Garlic Breadstick	May 13 Pepperoni Pizza
Ham and Cheese Craveable Featured Veggies: Baked Beans Vegetable Selection Featured Fruit Choice of Milk	Ham and Cheese Craveable Featured Veggies: Mashed Potatoes Vegetable Selection Featured Fruit Choice of Milk	Ham and Cheese Craveable Featured Veggies: Fruit Salad Vegetable Selection Featured Fruit Choice of Milk	Ham and Cheese Craveable Featured Veggies: Roasted Chick Peas Vegetable Selection Featured Fruit Choice of Milk	Ham and Cheese Craveable Featured Veggies: Potato Salad Vegetable Selection Featured Fruit Choice of Milk
May 16 Beef Tacos	May 17 Popcorn Chicken Salad	May 18 BBQ Pulled Pork Sandwich	May 19 General Tso Chicken	May 20 Cheese Pizza
Pizza Craveable Featured Veggies: Chips with Salsa Vegetable Selection Featured Fruit Choice of Milk	Pizza Craveable Featured Veggies: French Fries Vegetable Selection Featured Fruit Choice of Milk	Pizza Craveable Featured Veggies: Mac and Cheese Vegetable Selection Featured Fruit Choice of Milk	Pizza Craveable Featured Veggies: Brown Rice Vegetable Selection Featured Fruit Choice of Milk	Pizza Craveable Featured Veggies: Pasta Salad Vegetable Selection Featured Fruit Choice of Milk
May 23 Lil Dipper Day	May 24 Walking Taco	May 25 Popcorn Chicken Bowl w. Roll	May 26 Hot Dogs	
Walking Taco Craveable Featured Veggies: Potato Salad Vegetable Selection Featured Fruit Choice of Milk	Walking Taco Craveable Featured Veggies: Pretzel Stick Vegetable Selection Featured Fruit Choice of Milk	Walking Taco Craveable Featured Veggies: Mashed Potatoes and Gravy Vegetable Selection Featured Fruit Choice of Milk	Walking Taco Craveable Featured Veggies: Tater Tots Vegetable Selection Featured Fruit Choice of Milk	