



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: \$3.55

General Manager:
 Kristen Carson
Phone Number:
 724-756-2030 Ext. 1015
Email:
metzfoods@kcosdk12.org

USDA is an equal opportunity provider and employer.

Menu is subject to change due to availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 25	April 26	April 27	April 28	April 29

cheffresh fresh • made • goodness • to • go				
Chicken Taco Wrap				
ENTREE Parm Chicken Sandwich on Whole Grain Bun	ENTRÉE Walking Taco	ENTRÉE Chicken Tenders	ENTREE Philly Cheesesteak	ENTRÉE Stuffed Crust Pizza
FEATURED VEGGIES Potato Wedges Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Pretzel Stick Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Mashed Potatoes and Gravy Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Curly Fries Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Pasta Salad Vegetable Selection Featured Fruit Choice of Milk

May 2	May 3	May 4	May 5	May 6
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cheffresh fresh • made • goodness • to • go				
Buffalo Chicken Wrap				
ENTRÉE Chicken Nuggets	ENTRÉE BBQ Pulled Pork Bowl w. Roll	ENTRÉE Buffalo Chicken Dip w. Tortilla Chips	ENTREE Pasta with Meat Sauce w. Garlic Breadstick	
FEATURED VEGGIES Buttered Noodles Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Tater Tots Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Cucumber/Tomato Salad Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Potato Salad Vegetable Selection Featured Fruit Choice of Milk	

May 9	May 10	May 11	May 12	May 13
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cheffresh fresh • made • goodness • to • go				
Turkey and Cheese Sandwich				
ENTRÉE Breakfast for Lunch!	ENTRÉE Popcorn Chicken Bowl w. Roll	ENTRÉE Lil Dipper Day	ENTREE Chicken Alfredo w. Garlic Breadsticks	ENTRÉE Pepperoni Pizza
FEATURED VEGGIES Hashbrowns Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Mashed Potatoes and Gravy Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Fruit Salad Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Roasted Chick Peas Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Macaroni Salad Vegetable Selection Featured Fruit Choice of Milk

May 16	May 17	May 18	5/19/2022	May 20
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cheffresh fresh • made • goodness • to • go				
Ham and Cheese Sandwich				
ENTRÉE Beef Tacos	ENTRÉE Popcorn Chicken Salad	ENTRÉE BBQ Pulled Pork Sandwich	ENTREE General Tso Chicken	ENTRÉE Buffalo Chicken Flatbread
FEATURED VEGGIES Chips with Salsa Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES French Fries Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Mac and Cheese Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Brown Rice Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Pasta Salad Vegetable Selection Featured Fruit Choice of Milk

May 23	May 24	May 25	May 26	
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ENTRÉE Lil Dipper Day	ENTRÉE Walking Taco	ENTRÉE Popcorn Chicken Bowl w. Roll	ENTREE Hot Dogs	
FEATURED VEGGIES Potato Salad Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Pretzel Stick Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Mashed Potatoes and Gravy Vegetable Selection Vegetable Selection Featured Fruit Choice of Milk	FEATURED VEGGIES Tater Tots Vegetable Selection Vegetable Selection Featured Fruit Choice of Milk	