



Karns City Breakfast Menu- December 2023



Monday	Tuesday	Wednesday	Thursday	Friday
				12/1/23 Dutch Waffle or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
				12/4/23 Bagel & Cream Cheese or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
12/11/23 Mini Cinni Rolls or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	12/12/23 French Toast Sticks/Sausage or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	12/13/23 Pizza Crunchers or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	12/14/23 KC Breakfast Biscuit Sandwich or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	12/15/23 Dutch Waffle or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
12/18/23 Bagel & Cream Cheese or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	12/19/23 Pancake on a Stick or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	12/20/23 Soft Pretzel & Cream Cheese or Assorted Cereals or Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	12/21/23 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	

What is a Meal?
 You must choose at least 3 of the 4 components available for the school breakfast price.
 Choice of: Grain or grain/protein
 Choice of fruit or vegetable (must take at least a 1/2 cup) and
 Choice of Milk
 Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry
 You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:
 Cinnamon Toast Crunch
 Trix
 Cocoa Puffs
 Fruity Cheerios
 Rice Crunch
 Kix
 Cheerios
 Fruit Loops
 Frosted Flakes

Fruit May Include:
 Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

General Manager
 ma1133 @metzcorp.com
 724.756.2030 ext 1015

USDA is an equal opportunity

Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00

Adult Breakfast \$2.36