



KARNS CITY HIGH SCHOOL LUNCH MENU



December

MONDAY
11/27/2023

TUESDAY
11/28/2023

WEDNESDAY
11/29/2023

THURSDAY
11/30/2023

FRIDAY
12/1/2023



Turkey Spinach Roll & Crispy Chicken Salad



Entrée

Big Daddy Buffalo Chicken Pizza

FEATURED VEGGIES

Ranch Seasoned Cauliflower
Caesar Side Salad
Choice of Fruit
Choice of Milk

12/4/2023

12/5/2023

12/6/2023

12/7/2023

12/8/2023



Chickern Caesar Wrap
Greek Salad

Entrée

Assorted Italian Hoagie

FEATURED VEGGIES

French Fries
Cheesy Broccoli
Choice of Fruit
Choice of Milk

Entrée

Stroop Eggs!!!

Dorito Walkina Tacos

FEATURED VEGGIES

BBQ Chickpeas
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

Entrée

Dino Nuaaets w/ Dinner Roll

FEATURED VEGGIES

Mashed Potatos
Buttered Corn
Choice of Fruit
Choice of Milk

Entrée

Meatballs & Penne Pasta w/ Garlic Bread Stick

FEATURED VEGGIES

Caesar Salad
Green Beans
Choice of Fruit
Choice of Milk

Entrée

Pizza Crunchers w/ Dipping Sauce

FEATURED VEGGIES

Side Garden Salad
Tater Tots
Choice of Fruit
Choice of Milk

12/11/2023

12/12/2023

12/13/2023

12/14/2023

12/15/2023



Italian Assorted Wrap
Chef Salad

Entrée

Hot Ham & Cheese on Pretzel Roll

FEATURED VEGGIES

Potato Salad
Mixed Vegetables
Choice of Fruit
Choice of Milk

Entrée

Creamy Mac

FEATURED VEGGIES

Chickpea Salad
BBQ Cauliflower Bites
Choice of Fruit
Choice of Milk

Entrée

BBQ Rodeo Burger

FEATURED VEGGIES

Onion Rings
Buttered Corn
Choice of Fruit
Choice of Milk

Entrée

Christmas Feast

Herb Roasted Chicken, Stuffing & Dinner Roll

FEATURED VEGGIES

Gremlin Green Beans
Mashed Potatoes
Choice of Fruit
Choice of Milk

Entrée

Stuffed Crust Pizza

FEATURED VEGGIES

Caesar Salad
Broccoli
Choice of Fruit
Choice of Milk

12/18/2023

12/19/2023

12/20/2023

12/21/2023

12/22/2023



CBR Wrap
Farm House Salad

Entrée

Big Mac Tot Bowl

FEATURED VEGGIES

Broccoli
Tater Tots
Choice of Fruit
Choice of Milk

Entrée

BBQ Pulled Pork Pierogies

FEATURED VEGGIES

Roasted Cauliflower Side Salad
Choice of Fruit
Choice of Milk

Entrée

Chicken Tender Basket w/ Soft Pretzel Stick & Dipping Sauces

FEATURED VEGGIES

Mixed Vegetables
Chickpea Salad
Choice of Fruit
Choice of Milk

Entrée

KC Max Sticks w/ Pizza Dipping Sauce

FEATURED VEGGIES

Steamed Corn
Fresh Sliced Cucumbers
Choice of Fruit
Choice of Milk



12/25/2023

12/26/2023

12/27/2023

12/28/2023

12/29/2023



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:

- Cheese Burger on a Bun
- Hamburger on Bun
- Chicken Patty Sandwich
- Spicy Chicken Sandwich
- Jalepeno Popper Chicken Wrap
- Asian Mandarin Chicken Salad
- Ham & Cheese Croissant
- Garden Salad
- Turkey & Spinach Roll
- Crispy Chicken Salad
- Greek Salad
- Chicken Caesar Wrap
- Italian Assorted Wrap
- Chef Salad
- CBR Wrap
- Farm House Salad



LUNCH PRICES:
Student \$2.95
Reduced \$0.40
Adult \$3.97

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