

December 2023



Metz
ELEMENTARY NUTRITION

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

Daily Fruit Selection 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

- 11/27: Bread Stick Dipper Craveable
- 12/4: Pizza Craveable
- 12/11: Walking Taco Craveable
- 12/18: Nacho Craveable

Nutritious Friends

Look for our Nutritious Friend of the Month on the menu!! This Month.....

Lunch Prices
Student \$2.75
Reduced \$.40
Adult \$3.97

General Manager
Don Ras

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Email

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KARNS CITY ELEMENTARY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12/4/2023</p> <p>General Tso Chicken</p> <p>Featured Veggies: Vegetable Fried Rice Broccoli Florets Choice of Fruit Choice of Milk</p>	<p>12/5/2023</p> <p>Corn Dogs & Soft Pretzel Sticks</p> <p>Featured Veggies: Buttered Corn BBQ Baked Beans Choice of Fruit Choice of Milk</p>	<p>12/6/2023</p> <p>Classic Cheese Burger</p> <p>Featured Veggies: French Fries Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p>12/7/2023</p> <p>Nachos Grande</p> <p>Featured Veggies: Buttered Corn Mexican Rice Choice of Fruit Choice of Milk</p>	<p>12/1/2023</p> <p>Pizza Dunker Sticks w/ Dipping Sauce</p> <p>Featured Veggies: Ranch Cauliflower Bell Pepper Sticks Choice of Fruit Choice of Milk</p>
<p>12/11/2023</p> <p>Chicken Tender Basket w/ Pretzel Stick</p> <p>Featured Veggies: Carrot Sticks Steamed Broccoli Choice of Fruit Choice of Milk</p>	<p>12/12/2023</p> <p>Walking Dorito Taco</p> <p>Featured Veggies: Bell Pepper Sticks Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p>12/13/2023</p> <p>Big Bambino Baked Italian Hoagie</p> <p>Featured Veggies: Green Beans Potato Salad Choice of Fruit Choice of Milk</p>	<p>12/14/2023 Christmas Feast</p> <p>Chicken Nuggets w/ Stuffing and Gravy Dinner Roll</p> <p>Featured Veggies: Buttered Corn Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>12/15/2023</p> <p>Pepperoni Pizza</p> <p>Featured Veggies: Roasted Cauliflower French Fries Choice of Fruit Choice of Milk</p>
<p>12/18/2023</p> <p>Macaroni & Cheese</p> <p>Featured Veggies: Mixed Vegetables BBQ Chickpeas Choice of Fruit Choice of Milk</p>	<p>12/19/2023</p> <p>Stuffed Crust Pizza</p> <p>Featured Veggies: Ranch Roasted Cauliflower Choice of Fruit Choice of Milk</p>	<p>12/20/2023</p> <p>Toasted Cheese Sandwich</p> <p>Featured Veggies: Tomato Soup French Fries Choice of Fruit Choice of Milk</p>	<p>12/21/2023</p> <p>Chicken Alfredo Pasta w/ Garlic Bread Stick</p> <p>Featured Veggies: Green Peas Side Salad Choice of Fruit Choice of Milk</p>	<p>Happy Holidays</p>

