



Karns City Breakfast Menu- May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		5/1/24 Pizza Crunchers or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/2/24 KC Breakfast Biscuit Sandwich or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	
		5/6/24 Bagel & Cream Cheese or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/7/24 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	
5/13/24 Mini Cinni Rolls or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/14/24 French Toast Sticks/Sausage or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/15/24 Pizza Crunchers or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/16/24 KC Breakfast Biscuit Sandwich or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/17/24 Dutch Waffle or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/20/24 Bagel & Cream Cheese or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/21/24 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/22/24 Soft Pretzel & Cream Cheese or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/23/24 Raspberry Churros or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/24/24 Mini Pancakes/Sausage Patties or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
	5/28/24 Chef's Choice or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/29/24 Chef's Choice or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	5/30/24 Chef's Choice or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	
	Student Paid Breakfast \$0.00	Student Reduced Breakfast \$0.00	Adult Breakfast \$2.36	

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

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