



**Metz**

**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**

4/29: Nacho Craveable

5/6: PB&J Craveable

5/13: Yogurt & Cheese Craveable

5/20 Bread Stick Dipper Craveable

5/27: Chef's Choice 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

**Phone Number**

(724)-756-2030 ext 1015

**Email**

[metzfoods@kcsdsk12.org](mailto:metzfoods@kcsdsk12.org)

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**SUMMER BREAK**

Monday Tuesday



5/6/2024

**CINCO DE MAYO**

Walking Dorito Taco

**Featured Veggies:**

- Vegetable Blend
- Fresh Cucumber Slices
- Choice of Fruit
- Choice of Milk

5/7/2024

General Tso Chicken

**Featured Veggies:**

- Vegetable Fried Rice
- Broccoli Florets
- Choice of Fruit
- Choice of Milk

5/13/2024

Hot Diggity Dog

**Featured Veggies:**

- Mixed Veggies
- Baked Beans
- Choice of Fruit
- Choice of Milk

5/14/2024

Dino Nuggets w/ Dinner Roll

**Featured Veggies:**

- Buttered Corn
- Mashed Potatoes
- Choice of Fruit
- Choice of Milk

5/20/2024

Crispy Chicken Sandwich

**Featured Veggies:**

- California Blend Veggies
- Sidwinder Fries
- Choice of Fruit
- Choice of Milk

5/21/2024

Turkey, Bacon, Ranch Wrap

**Featured Veggies:**

- Tater Tots
- Mixed Vegetables
- Choice of Fruit
- Choice of Milk

5/28/2024

Chef's Choice

**Featured Veggies:**

- Steamed Vegetables
- Choice of Fruit
- Choice of Milk

**KARNS CITY**

**ELEMENTARY LUNCH MENU**

Wednesday

5/1/2024

Cheesy Chicken Tacos

**Featured Veggies:**

- Green Beans
- Curly Fries
- Choice of Fruit
- Choice of Milk

5/8/2024

Classic Cheese Burger

**Featured Veggies:**

- French Fries
- Mixed Vegetables
- Choice of Fruit
- Choice of Milk

5/15/2024

Toasted Cheese Sandwich

**Featured Veggies:**

- Tomato Soup
- Green Beans
- Choice of Fruit
- Choice of Milk

5/22/2024

Chicken Fries w/ Dinner Roll

**Featured Veggies:**

- Green Beans
- Mashed Potatoes
- Choice of Fruit
- Choice of Milk

5/29/2024

Chef's Choice

**Featured Veggies:**

- Mixed Vegetables
- Choice of Fruit
- Choice of Milk

**SUMMER BREAK**

Thursday

5/2/2024

French Bread Pizza

**Featured Veggies:**

- Broccoli
- Choice of Fruit
- Choice of Milk

5/9/2024

KC Popcorn Chicken Bowl

**Featured Veggies:**

- Mashed Potatoes
- Sweet Corn
- Choice of Fruit
- Choice of Milk

5/16/2024

Creamy Macaroni and Cheese

**Featured Veggies:**

- Broccoli
- Tater Tots
- Choice of Fruit
- Choice of Milk

5/23/2024

Chicken Alfredo Pasta w/ Garlic Bread Stick

**Featured Veggies:**

- Buttered Peas
- Side Salad
- Choice of Fruit
- Choice of Milk

5/30/2024

Chef's Choice

**Featured Veggies:**

- Steamed Vegetables
- Choice of Fruit
- Choice of Milk

Friday



5/10/2024

Stuffed Crust Pizza

**Featured Veggies:**

- Ranch Roasted Cauliflower
- Choice of Fruit
- Choice of Milk

5/17/2024

Homemade Pepperoni Pizza

**Featured Veggies:**

- Roasted Cauliflower
- French Fries
- Choice of Fruit
- Choice of Milk

5/24/2024

Pizza Crunchers w/ Dipping Sauce

**Featured Veggies:**

- Broccoli
- Veggie Sticks
- Choice of Fruit
- Choice of Milk

