



# KARNS CITY HIGH SCHOOL LUNCH MENU

## May



**MONDAY**  
4/29/2024

**TUESDAY**  
4/30/2024

**WEDNESDAY**  
5/1/2024

**THURSDAY**  
5/2/2024

**FRIDAY**  
5/3/2024



	CBR Wrap Farm House Salad			
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**Entrée**  
Toasted Cheese w/ Pickles on the Side

**FEATURED VEGGIES**  
Tomato Soup  
Baked Beans  
Choice of Fruit  
Choice of Milk

**Entrée**  
KC Chicken Bowl w/ Dinner Roll

**FEATURED VEGGIES**  
Mashed Potatoes  
Corn  
Choice of Fruit  
Choice of Milk



5/6/2024

5/7/2024

5/8/2024

5/9/2024

5/10/2024

	Jalapeno Popper Chicken Roll Garden Salad			
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**Entrée**  
**CINCO DE MAYO**  
Cinco de Mayo Tacos

**FEATURED VEGGIES**  
Ranchero Refried Beans  
Fresh Cucumber Slices  
Choice of Fruit  
Choice of Milk

**Entrée**  
Assorted Italian Hoagie

**FEATURED VEGGIES**  
Potato Chips  
Broccoli  
Choice of Fruit  
Choice of Milk

**Entrée**  
Bia Bad Breakfast Burger w/ Fried Egg, Bacon & Cheese

**FEATURED VEGGIES**  
Hash Brown Patty  
Side Salad  
Choice of Fruit  
Choice of Milk

**Entrée**  
Meatballs & Penne Pasta w/ Garlic Bread Stick

**FEATURED VEGGIES**  
Side Salad  
Green Beans  
Choice of Fruit  
Choice of Milk

**Entrée**  
Pizza Crunchers w/ Dipping Sauce

**FEATURED VEGGIES**  
Ceasar Side Salad  
California Blend Veggies  
Choice of Fruit  
Choice of Milk

5/13/2024

5/14/2024

5/15/2024

5/16/2024

5/17/2024

	Ham & Cheese Sandwich Asian Mandarin Salad			
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**Entrée**  
Buffalo Chicken Flatbread

**FEATURED VEGGIES**  
Ranch Cauliflower  
Ceasar Salad  
Choice of Fruit  
Choice of Milk

**Entrée**  
Dino Nuggets w/ Dinner Roll

**FEATURED VEGGIES**  
Mashed Potatoes  
Sweet Corn  
Choice of Fruit  
Choice of Milk

**Entrée**  
Loaded Nacho Bowl

**FEATURED VEGGIES**  
Vegetable Blend  
Ranchero Refried Beans  
Choice of Fruit  
Choice of Milk

**Entrée**  
Twisted Alfredo Pasta & Garlic Bread Stick

**FEATURED VEGGIES**  
Broccoli  
Fresh Veggie Sticks  
Choice of Fruit  
Choice of Milk

**Entrée**  
Stuffed Crust Pizza

**FEATURED VEGGIES**  
Ceasar Side Salad  
Green Beans  
Choice of Fruit  
Choice of Milk

5/20/2024

5/21/2024

5/22/2024

5/23/2024

5/24/2024

	Turkey Spinach Roll Crispy Chicken Sandwich			
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**Entrée**  
Bia Mac Tot Bowl

**FEATURED VEGGIES**  
Cauliflower  
Tater Tots  
Choice of Fruit  
Choice of Milk

**Entrée**  
General Tso Chicken w/ Egg Roll

**FEATURED VEGGIES**  
Mixed Vegetables  
White Rice  
Choice of Fruit  
Choice of Milk

**Entrée**  
Assorted Hoagie Day

**FEATURED VEGGIES**  
Side Salad  
Green Beans  
Choice of Fruit  
Choice of Milk

**Entrée**  
BBQ Chicken & Cheddar Wrap w/ Corn Bread

**FEATURED VEGGIES**  
Buttered Corn  
Tomato & Chickpea Salad  
Choice of Fruit  
Choice of Milk

**Entrée**  
Bia Daddy Buffalo Chicken Pizza

**FEATURED VEGGIES**  
Ceasar Side Salad  
Broccoli  
Choice of Fruit  
Choice of Milk

5/27/2024

5/28/2024

5/29/2024

5/30/2024

	Chef's Choice Salad and Sandwich/Wrap			
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**Entrée**  
Chef's Choice

**FEATURED VEGGIES**  
Gremlin Green Beans  
Side Salad  
Choice of Fruit  
Choice of Milk

**Entrée**  
Chef's Choice

**FEATURED VEGGIES**  
Mixed Vegetables  
Veggie Sticks  
Choice of Fruit  
Choice of Milk

**Entrée**  
Chef's Choice

**FEATURED VEGGIES**  
Steamed Vegetable  
Caesar Salad  
Choice of Fruit  
Choice of Milk



**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

Jalapeno 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

General Manager: Don Ras  
Phone Number: (724)-756-2030 ext 1015  
Email: metzfoods@kcasdk12.ora

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