

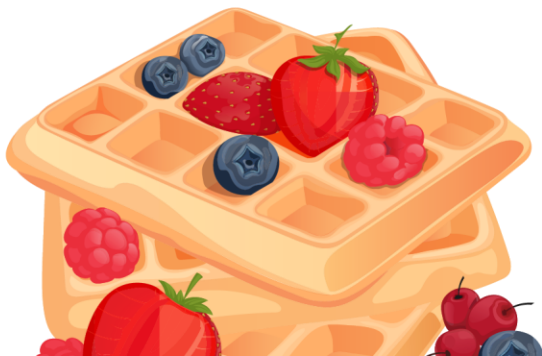








Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals (served with pop-tart) Cinnamon Toast Crunch, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, 1 % chocolate, 1% vanilla, and 1% strawberry (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
				1 NO SCHOOL	
4 Mini Cinni Rolls Assorted Cereals Pop Tarts Assorted Baked Goods	5 Breakfast Pizza Assorted Cereals Pop Tarts Assorted Baked Goods	6 Egg, Ham, & Cheese Croissant Assorted Cereals Pop Tarts Assorted Baked Goods	7 French Toast Sticks with Syrup Assorted Cereals Pop Tarts Assorted Baked Goods	8 Fruit & Yogurt Parfait Assorted Cereals Pop Tarts Assorted Baked Goods	
11 Mini Blueberry Donut Holes Assorted Cereals Pop Tarts Assorted Baked Goods	12 Breakfast Pizza Assorted Cereals Pop Tarts Assorted Baked Goods	13 Egg, Bacon, & Cheese Bagel Assorted Cereals Pop Tarts Assorted Baked Goods	14 French Toast Sticks with Syrup Assorted Cereals Pop Tarts Assorted Baked Goods	15 Dutch Waffle Assorted Cereals Pop Tarts Assorted Baked Goods	
18 Glazed Dunkin' Sticks Assorted Cereals Pop Tarts Assorted Baked Goods	19 Breakfast Pizza Assorted Cereals Pop Tarts Assorted Baked Goods	20 Egg, Sausage & Cheese Muffin Sandwich Assorted Cereals Pop Tarts Assorted Baked Goods	21 Chocolate Chip French Toast Assorted Cereals Pop Tarts Assorted Baked Goods	22 Fruit & Yogurt Parfait Assorted Cereals Pop Tarts Assorted Baked Goods	
25 NO SCHOOL	26 Breakfast Pizza Assorted Cereals Pop Tarts Assorted Baked Goods	27 Egg & Cheese Biscuit Sandwich Assorted Cereals Pop Tarts Assorted Baked Goods	28 Mini Cinnamon Toast Crunch French Toast Assorted Cereals Pop Tarts Assorted Baked Goods	29 Mini Confetti Pancakes Assorted Cereals Pop Tarts Assorted Baked Goods	
Nan Guy, General Manager 724-756-2030 ext. 1015 nguy@kcasdk21.org; ma1133@metzcorp.com Missy Callihan, Food Service Coordinator 724-756-2030 ext. 1007 melissacallihan@kcasdk12.org					
Meal Prices Student Breakfast Faculty Breakfast			Free \$2.94		
					

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, 1% chocolate, 1% vanilla, and 1% strawberry Daily Alternates <ul style="list-style-type: none"> Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches & Wraps Cheeseburger, Chicken Patty, Spicy Chicken Patty
				1 NO SCHOOL	
 DAILY OFFERINGS: Crispy Chicken Salad w/ Dinner Roll or Asian Sesame Chicken Wrap					
4 Turkey Club Sandwich FEATURED VEGGIES Sweet Potato Fries, Roasted Garlic Chickpeas	5 Beef & Broccoli Over Rice w/ Eggroll FEATURED VEGGIES Red Pepper Strips, Asian Slaw	6 Cowboy Burger FEATURED VEGGIES Onion Rings, Sliced Cucumbers	7 Philly Cheesesteak Sandwich FEATURED VEGGIES Crinkle Cut Fries, Onions & Peppers, Grape Tomatoes	8 Maxx Sticks w/ Dipping Sauce (V) FEATURED VEGGIES Baby Carrots, Green Beans	
 DAILY OFFERINGS: Cheeseburger Salad w/ Dinner Rolls or Buffalo Chicken Wrap					
11 Cheeseburger Tater Tot Bowl FEATURED VEGGIES Tater Tots, Baby Carrots	12 Orange Chicken with Fried Rice FEATURED VEGGIES Steamed Green Beans, Asian Sesame Cucumbers	13 County Fair Corn Dog w/ Soft Pretzel Rod FEATURED VEGGIES Baked Beans, Steamed Mixed Veggies	14 KC Italian Super Sub FEATURED VEGGIES Curley Fries, Tomato Mozzarella Salad	15 Buffalo Chicken Pizza or Cheese Pizza (V) FEATURED VEGGIES Lemon-Parmesan Broccoli, Baby Carrots	
 DAILY OFFERINGS: Entrée Garden Salad w/ Dinner Rolls or Chicken Caesar Wrap					
18 Chicken Tenders w/ Dinner Roll FEATURED VEGGIES Mashed Potatoes, Corn, Tomato Mozzarella Salad	19 Nachos Grande FEATURED VEGGIES Ranch Refried Bean Dip, Salsa, Lettuce	20 Turkey & Cheese Pretzel Melt FEATURED VEGGIES Tater Tots, Apple Cider Slaw	21 BBQ Ribby on a Bun FEATURED VEGGIES Sweet Potato Fries, Fresh Cucumbers	22 Cheesy Pizza Crunchers with Marinara (V) FEATURED VEGGIES Roasted Zucchini, Caesar Salad	
 DAILY OFFERINGS: Taco Salad or Italian Wrap					
25 NO SCHOOL	26 Beef Soft Tacos w/ Salsa FEATURED VEGGIES Seasoned Black Beans, Baby Carrots	27 Pasta & Meatballs w/ Garlic Toast FEATURED VEGGIES Tri-Colored Peppers, Steamed Broccoli	28 Popcorn Chicken Mashed Potato Bowl w/ Dinner Roll FEATURED VEGGIES Steamed Corn, Creamy Coleslaw	29 Homemade Macaroni and Cheese w/ Dinner Roll (V) FEATURED VEGGIES Mixed Vegetables, Chickpea Salad	
Nan Guy, General Manager 724-756-2030 ext. 1015 nguy@kcasdk21.org; ma1133@metzcorp.com Missy Callihan, Food Service Coordinator 724-756-2030 ext. 1007 melissacallihan@kcasdk12.org					
Meal Prices Student Lunch Faculty Lunch			Free \$4.83		
					

(V) Vegetarian
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan
These items do not contain any animal products

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