Karns City Elementary BREAKFAST MENU

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Cinni Rolls	3 Bacon, Egg and Cheese Bagel	4 Breakfast Pizza	5 Mini French Toast with Syrup	6 Fruit and Yogurt Parfait
9 Mini Maple Pancakes	10 Parent Teacher Conference NO SCHOOL	11 Veterans Day NO SCHOOL 	12 Mini Waffles with Syrup	13 Apple Strudel
16 Mini Cinni Rolls	17 Bacon, Egg and Cheese Biscuit	18 Breakfast Pizza	19 French Toast Sticks with Syrup	20 Fruit and Yogurt Parfait
23 Mini Blueberry Donut Holes	24 Egg & Cheese Croissant	25 Happy Thanksgiving!!! Enjoy your Break.	26 	27 Enjoy your Break
30 Enjoy your Break				

MAKE IT A MEAL!
Choose at least **3** of **4** meal components for the school breakfast price:
Whole Grain, Meat/Meal Alternative, Fruit/Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a breakfast.

Breakfast Prices

Student	$X.XX
Adult	$3.04

Available Daily
Assorted cereals and cereal bars
Yogurt Craveable, Mini Donuts, Pop Tarts, Banana Bread, Muffins

Fruit Selection
Bananas, Apples, Oranges, Pears, Apple Slices, Canned Fruit and Applesauce
Students may choose up to two ½ cup servings of fruit.

Milk Selection
Chocolate 1%
Strawberry 1%
White 1%
Fat Free Skim

Your Dining Services Team
John Dzurina
Food Service Director
(724) 756-2030 ext. 1015
John.dzurina@metzcorp.com
Stacey Slaughenhaupt
Food Service Coordinator
(724) 756-3680 ext. 2012
sslaughenhaupy@kcasdk12.org

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

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

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Karns City Elementary Lunch Menu

November 2026

EAT SMART
BE SMART



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Patty Sandwich Broccoli w/ Cheese Sauce Cucumber Slices	**3** Chicken Nacho Grande with Tortilla Chips Golden Corn Side Salad	**4** French Toast Sticks with Sausage Links Tri-Taters Carrot Sticks	**5** Mac & Cheese with Dinner Roll (V) Steamed Garden Peas Side Salad	**6** French Bread Pizza Mixed Vegetables Side Salad
Daily Offerings: Soft Pretzel Craveable (V) | Garden Salad with Goldfish Crackers & Dinner Roll (V) | PB & J Craveable				
9 Chicken Tenders with Rice Mixed Vegetable Romaine Salad	**10** NO SCHOOL Parent Teacher Conference	**11** NO SCHOOL 	**12** Chicken & Mashed Potato Bowl with Roll Mashed Potatoes Baby Carrots	**13** Bosco Cheese Sticks with Marinara Sauce Broccoli with Cheese Sauce Red Pepper Strips
Daily Offerings: Breadstick Dipper Craveable (V) | Chef Salad with Dinner Roll | PB & J Craveable				
16 Chicken Nuggets with Roll Oven Fries Baby Carrots	**17** Cheeseburger Tater Tot Bowl with Dinner Roll (V) Green Beans Caesar Salad	**18** Cheeseburger Baked Beans Green Pepper Strips	**19** Toasted Cheese Sandwich (V) Tomato Soup Side Salad	Thanksgiving Meal: **20** Roasted Turkey & Stuffing Mashed Potatoes & Gravy Pumpkin Pie Green Beans Cranberry Sauce
Daily Offerings: Yogurt Craveable (V) | Turkey & Cheese Wrap | PB & J Craveable				
23 Chicken & Gravy over a Biscuit Mashed Potatoes Broccoli Florets	**24** Chicken & Cheese Tacos Steamed Corn Salsa	**25** Happy Thanksgiving! Enjoy your break.	**26** 	**27** Enjoy your break.
Daily Offerings: Nachos Craveable (V) | Garden Salad with Dinner Roll (V) | PB & J Craveable				
30 Enjoy your break.				
Daily Offerings:				

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student	$X.XX
Adult	$5.04

Available Daily

Weekly Craveable
Weekly salad or Wrap
PB&J Craveable

Fruit & Veggie Selection

Bananas, Apples, Oranges, Pears, Apple Slices, Canned Fruit and Applesauce. Carrot Sticks, Celery Sticks, Peppers, Grape Tomato, Cucumber Slices, Broccoli Florets
Students may choose up to two ½ cup servings of fruits and vegetables.

Milk Selection

Chocolate 1%
Strawberry 1%
White 1%
Fat Free Skim

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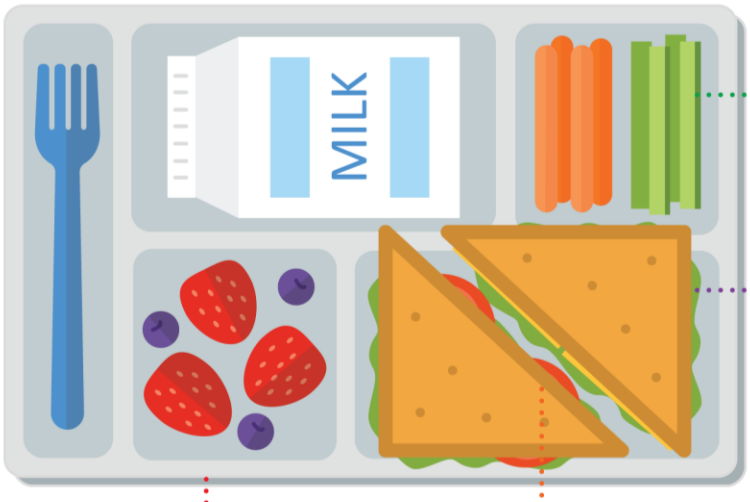

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch:	$X.XX
Adult Lunch:	$5.04

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

Meet Your nutritious friends



Try quinoa on the menu this month!



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