Karns City JR / SR High School 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:
Meat/Meat Alternative, Whole Grain, 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 Mini Donuts, Benefit Bars, Muffins, Pop Tarts, Banana Bread, Blueberry Bread Assorted cereals and cereal bars

Fruit Selection
Apples, Bananas, Oranges, Pears, Canned Fruit, Juice, 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
Missy Callihan
Food Service Coordinator
(724) 756-2030 ext. 1007
mellisacallihan@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.

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CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Karns City JR / SR High School LUNCH MENU

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spicy Chicken Sandwich **Broccoli with Cheese Sauce** **Cucumber Slices**	**3** **Mini Mexican Bar** **Golden Corn** **Side Salad**	**4** French Toast Sticks with Sausage Links **Tri Patty Taters** **Carrot Sticks**	**5** Macaroni & Cheese with Dinner Roll (V) **Steamed Garden Peas** **Side Salad**	**6** Italian Dunkers with Marinara (V) **Mixed Veggies** **Side Salad**
Daily Offerings: Chicken Caesar Salad with Dinner Roll | BBQ Chicken & Cheese Wrap | PB & J Craveable				
9 General Tso's Chicken with Rice **Mixed Vegetables** **Romaine Salad**	**10** NO SCHOOL Parent Teacher Conference	**11** NO SCHOOL Veterans Day 	**12** Chicken & Mashed Potato Bowl with Roll **Mashed Potatoes** **Baby Carrots**	**13** Bosco Cheese Sticks **Broccoli with Cheese Sauce** **Red Pepper Strips**
Daily Offerings: Chef Salad with Dinner Roll | Turkey Club Wrap | PB & J Craveable				
16 Chicken Nuggets with Roll **Oven Fries** **Baby Carrots**	**17** Cheeseburger Tater Tot Bowl **Green Beans** **Caesar Salad**	**18** Cowboy Burger **Baked Beans** **Green Pepper Strips**	**19** Toasted Cheese Sandwich (V) **Tomato Soup** **Side Salad**	Thanksgiving Meal: **20** Roasted Turkey & Stuffing Mashed Potatoes & Gravy Dessert **Green Beans** **Cranberry Sauce**
Daily Offerings: Crispy Chicken Salad with Dinner Roll | Asian Chicken Wrap | PB & J Craveable				
23 Chicken & Gravy Over a Biscuit **Mashed Potatoes** **Broccoli Floret**	**24** **Mini Asian Bar** **Steamed Corn** **Salsa**	**25** Happy Thanksgiving! Enjoy Your Break.	**26** 	**27** Enjoy Your Break.
Daily Offerings: Grilled Chicken Salad with Dinner Roll | Buffalo Chicken Wrap | PB & J Craveable				
30 Enjoy Your Break.				

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

Chef Fresh salad and wrap
Weekly Craveable and PB&J Craveable
Spicy or regular chicken sandwich, Hamburger, Cheeseburger, Pizza

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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WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal components available for the school lunch price:

Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk

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

LUNCH PRICES

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

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

Community Thanksgiving Dinner is on November 19th 2026. Come and join us in celebrating with a traditional meal.

DAILY ALTERNATES

Grille

Spicy Chicken Sandwich

Regular Chicken Sandwich

Hamburger or Cheeseburger

deli

November 2nd – November 6th BBQ Chicken & Cheese Wrap

November 9th – November 13th Turkey Club Wrap

November 16th – November 20th Asian Chicken Wrap

November 23rd – November 27th Buffalo Chicken Wrap

November 30th

Pizza

Cheese Pizza

Pepperoni Pizza

cheffresh

November 2nd – November 6th Chicken Ceasar Salad

November 9th – November 13th Chef Salad

November 16th – November 20th Crispy Chicken Salad

November 23rd – November 27th Grilled Chicken Salad

CRAVEABLES

PB&J Craveable

YOUR DINING SERVICES TEAM
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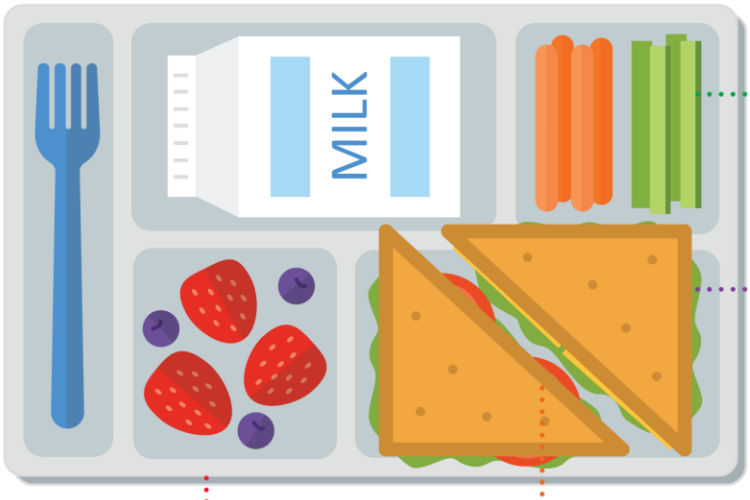

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

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!

WHAT IS A SCHOOL LUNCH?

You must 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 ½ cup serving of vegetables must accompany a school lunch.

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