



MAY 2021



# KARNS CITY AREA SCHOOL DISTRICT ELEMENTARY LUNCH MENU



### 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

### Featured Fruit 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 which could include:

- Nacho with Chips and Salsa
- Make your Own Pizza
- Yogurt, Cheese Stick, and Crackers
- Breadstick Dipper
- and more.....

### Lunch Prices:

Student: Free  
Reduced: Free  
Adult: \$3.55

### General Manager:

Alex Spalding  
Phone Number:  
724-756-2030 Ext. 1015  
Email:  
metzfoods@kcasdk12.org

USDA is an equal opportunity provider and employer.

## WE ARE HIRING!

\*Due to COVID/Remote Learning Models - Menu is subject to extreme change\*

Monday	Tuesday	Wednesday	Thursday	Remote Friday!
<b>May 3</b>	<b>May 4</b>	<b>May 5</b>	<b>May 6</b>	<b>May 7</b>
Cheese Burger	Chicken Nacho Grande	Meatball Hoagie	Spaghetti w/ Meat Sauce & Garlic Stick	<b>No School!!!</b>
Nacho Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Steamed Broccoli Cucumber Slices Featured Fruit Choice of Milk	Nacho Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Ranch Bean Dip Golden Corn Featured Fruit Choice of Milk	Nacho Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Curly Fries Golden Corn Featured Fruit Choice of Milk	Nacho Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Lemon Parmesan Broccoli Romaine Salad Featured Fruit Choice of Milk	
<b>May 10</b>	<b>May 11</b>	<b>May 12</b>	<b>May 13</b>	
Popcorn Chicken Salad	Nachos Grande	Pulled Pork Tot Bowl	Chicken Parmesan Sandwich	
Breadstick Dipper Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Steamed Corn Mashed Potatoes Featured Fruit Choice of Milk	Breadstick Dipper Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Ranch Bean Dip Pico de Gallo Salsa Featured Fruit Choice of Milk	Breadstick Dipper Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Tater Tots Green Beans Featured Fruit Choice of Milk	Breadstick Dipper Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Broccoli Romaine Salad Featured Fruit Choice of Milk	
<b>May 17</b>	<b>May 18</b>	<b>May 19</b>	<b>May 20</b>	
Chicken Nuggets w/Roll	Walking Taco w/Roll	Hot Dog or Chili Dog	Cheesesteak Loaded Fries	
Yogurt Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Oven Fries Red Pepper Strips Featured Fruit Choice of Milk	Yogurt Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Green Beans Caesar Salad Featured Fruit Choice of Milk	Yogurt Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Curly Fries Baked Beans Featured Fruit Choice of Milk	Yogurt Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Steamed Corn Baby Carrots Featured Fruit Choice of Milk	
<b>May 24</b>	<b>May 25</b>	<b>May 26</b>	<b>May 27</b>	
Popcorn Chicken Bowl	Chicken Fajita w/onions and peppers	Asian Sesame Chicken over Rice w/egg roll	Hamburger Mac & Cheese	
Walking Taco Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Featured Fruit Choice of Milk	Walking Taco Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Pico de Gallo Salsa Romaine Salad Featured Fruit Choice of Milk	Walking Taco Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Steamed Broccoli Carrot Sticks Featured Fruit Choice of Milk	Walking Taco Craveable Chef's Salad w/roll <b>Featured Veggies:</b> Baked Beans Caesar Side Salad Featured Fruit Choice of Milk	
<b>May 28</b>	<b>Remote Learning! Meals on the bus!</b>			