

Middle School

Lunch Menu



April
2024

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MONDAY

THURSDAY

Classic Cafe Pasta with Meat Sauce, Whole Grain Dinner Roll

Diner Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Cook's Choice

Pizza Parlor Cheese Pizza, Sausage Pizza

Grab & Go Turkey Deli Sub Sandwich, Turkey BLT Wrap, Crispy Chicken Salad

Fruit & Vegetable HOM - Roasted Asparagus, Cherry Tomato, Applesauce

2

TUESDAY

5

FRIDAY

Classic Cafe Beef Hot Dog on a Bun

Diner Kettle Potato Chips, Cheeseburger on a Bun

Grab & Go Turkey BLT Wrap, Crispy Chicken Salad, Turkey Ham Deli Sub Sandwich

Fruit & Vegetable Steamed Peas, Cherry Tomato, Mixed Canned Fruit

Classic Cafe Pancake on a Stick, Syrup

Diner Hamburger on a Bun, Crispy Chicken Sandwich, Cook's Choice

Grab & Go Turkey Deli Sub Sandwich, Turkey BLT Wrap, Crispy Chicken Salad

Fruit & Vegetable Breakfast Potatoes, Cherry Tomato, Diced Pears

3

WEDNESDAY

EXTRA INFO

Classic Cafe Pork Walking Taco, Salsa

Diner Hamburger on a Bun, Crispy Chicken Sandwich, Cook's Choice

Grab & Go Turkey Deli Sub Sandwich, Turkey BLT Wrap, Crispy Chicken Salad

Fruit & Vegetable Mexican Corn, Cherry Tomato, Pineapple Tidbits

Harvest of the Month



Milk choice of 1% or chocolate, is included with your Lunch.

For any questions or comments contact Vicky Kroll FSD at v.kroll@komets.k12.mn.us or 507-634-4462

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MONDAY

- Classic Cafe** Chicken Marinara over Pasta, Bread Stick
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Cook's Choice
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Grab & Go** Chef Salad, Turkey Deli Sandwich, Turkey Ranch Wrap
- Fruit & Vegetable** Green Beans, Baby Carrots, HOM - Grapefruit Orange Coleslaw, Peaches, Diced, Banana

11

THURSDAY

- Classic Cafe** Chicken Banh Mi Sandwich-LTO
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Grab & Go** Turkey Deli Sandwich, Turkey Ranch Wrap, Chef Salad
- Fruit & Vegetable** Steamed Carrots, Baby Carrots, Applesauce, Banana

9

TUESDAY

- Classic Cafe** Chicken Bacon Ranch Melt
- Diner** Spicy Chicken Patty on Bun, Cheeseburger on a Bun, Cook's Choice
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Grab & Go** Turkey Ranch Wrap, Turkey Deli Sub Sandwich, Chef Salad
- Fruit & Vegetable** Black Beans, Baby Carrots, Mixed Canned Fruit, Banana

12

FRIDAY

- Classic Cafe** Corn Dog, Golden French Fries
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Cook's Choice
- Grab & Go** Turkey Deli Sub Sandwich, Turkey Ranch Wrap, Chef Salad
- Fruit & Vegetable** HOM - Roasted Broccoli, Baby Carrots, Diced Pears, Banana

10

WEDNESDAY

- Classic Cafe** Meatloaf, Whole Grain Dinner Roll
- Diner** Hamburger on a Bun, Spicy Chicken Patty on Bun
- Grab & Go** Turkey Deli Sub Sandwich, Turkey Ranch Wrap, Chef Salad
- Fruit & Vegetable** Mashed Potatoes, Baby Carrots, Pineapple Tidbits, Banana, Gravy

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Harvest of the Month



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- Classic Cafe** Macaroni & Cheese, Whole Grain Dinner Roll
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Cook's Choice
- Grab & Go** Turkey Deli Sub Sandwich, Crispy Chicken Wrap, Garden Vegetable Salad
- Fruit & Vegetable** Steamed Peas, Broccoli Florets, Peaches, Diced, Fresh Pear

18

THURSDAY

- Classic Cafe** Popcorn Chicken Bowl, Whole Grain Dinner Roll
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Cook's Choice
- Pizza Parlor** Sausage Pizza, Cheese Pizza
- Grab & Go** Turkey Deli Sub Sandwich, Crispy Chicken Wrap, Garden Vegetable Salad
- Fruit & Vegetable** Broccoli Florets, Applesauce, Fresh Pear

16

TUESDAY

- Classic Cafe** Pancakes, Sausage Patty
- Diner** Cheeseburger on a Bun, Cook's Choice, Spicy Chicken Patty on Bun
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Grab & Go** Turkey Deli Sub Sandwich, Crispy Chicken Wrap, Garden Vegetable Salad
- Fruit & Vegetable** Breakfast Potatoes, Broccoli Florets, HOM - Papaya (Canned Tropical Fruit), Fresh Pear

19

FRIDAY

- Classic Cafe** Soft Beef Tacos, Lettuce, Tomato and Cheese
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Cook's Choice
- Grab & Go** Turkey Deli Sub Sandwich, Chef Salad, Turkey BLT Wrap
- Fruit & Vegetable** Refried Beans, Broccoli Florets, Diced Pears, Fresh Pear

17

WEDNESDAY

- Classic Cafe** Philly Flatbread, Caesar Side Salad
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, FILL IN SPECIAL
- Grab & Go** Turkey Deli Sub Sandwich, Crispy Chicken Wrap, Garden Vegetable Salad
- Fruit & Vegetable** Caesar Side Salad, Broccoli Florets, Pineapple Tidbits, Fresh Pear

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- Classic Cafe** Walking Taco
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Cook's Choice
- Grab & Go** Turkey Deli Sub Sandwich, Crispy Chicken Wrap, Chicken Caesar Salad
- Fruit & Vegetable** Black Beans, Red/Orange Bell Pepper, Peaches, Diced, Fresh Grapes

25

THURSDAY

- Classic Cafe** Lasagna Roll Up with Alfredo Sauce, Garlic Toast
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Cook's Choice
- Grab & Go** Turkey Deli Sandwich, Crispy Chicken Wrap, Chicken Caesar Salad
- Fruit & Vegetable** Red/Orange Bell Pepper, Caesar Side Salad, Applesauce, Fresh Grapes

23

TUESDAY

- Classic Cafe** Beef Stroganoff, Egg Noodles
- Fruit & Vegetable** Whole Grain Dinner Roll, Chicken Caesar Salad, Red/Orange Bell Pepper, Mixed Canned Fruit, Fresh
- Diner** Spicy Chicken Patty on Bun, Hamburger on a Bun, Cook's Choice
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Grab & Go** Turkey Deli Sub Sandwich, Crispy Chicken Wrap

26

FRIDAY

- Classic Cafe** Choice of Bake, Golden French Fries
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Cook's Choice
- Grab & Go** Turkey Deli Sub Sandwich, Crispy Chicken Wrap, Chicken Caesar Salad
- Fruit & Vegetable** Roasted Broccoli, Red/Orange Bell Pepper, Diced Pears, Fresh Grapes

24

WEDNESDAY

- Classic Cafe** Crispy Chicken Tenders, Cheesy Mashed Potatoes
- Rip Stick Breadstick
- Diner** Hamburger on a Bun, Spicy Chicken Patty on Bun, Cook's Choice
- Grab & Go** Turkey Deli Sandwich, Crispy Chicken Wrap, Chicken Caesar Salad
- Fruit & Vegetable** Steamed Carrots, Red/Orange Bell Pepper, Pineapple Tidbits, Fresh Grapes

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- Classic Cafe** Beefy Nachos w/Cheese Sauce
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Fish Sandwich with Cheese
- Grab & Go** Turkey Deli Sub Sandwich, Turkey BLT Wrap, Chef Salad
- Fruit & Vegetable** Mexican Brown Rice, Baby Carrots, Peaches, Diced, Banana

THURSDAY

30

TUESDAY

- Classic Cafe** Crispy Chicken Sandwich, Kettle Potato Chips
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Cook's Choice
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Grab & Go** Turkey Deli Sub Sandwich, Choice of Deli Sandwich or Sub, Chef Salad
- Fruit & Vegetable** Roasted Broccoli, Baby Carrots, Mixed Canned Fruit, Banana

FRIDAY

WEDNESDAY

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