

# Middle School

## Lunch Menu



May  
2024

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MONDAY

TUESDAY

WEDNESDAY **1**

- Classic Cafe** Hamburger on a Bun
- Grab & Go** Turkey Deli Sandwich, Chef Salad, Muffin Pack
- Fruit & Vegetable** Steamed Peas, Baby Carrots, Pineapple Tidbits, Banana

**2**  
THURSDAY

**3**  
FRIDAY

EXTRA INFO

- Classic Cafe** Walking Taco
- Grab & Go** Turkey Deli Sandwich, Chef Salad, Muffin pack
- Fruit & Vegetable** Spiced Pinto Beans, Baby Carrots, Applesauce, Banana

- Classic Cafe** Grilled Chicken Sandwich
- Grab & Go** Turkey Deli Sub Sandwich, Chef Salad, Muffin Pack
- Fruit & Vegetable** California Blend Vegetable, Baby Carrots, Diced Pears, Banana

### 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** Sloppy Joe on a Bun, Kettle Potato Chips

**Diner** Whole Grain Dinner Roll

**Grab & Go** Turkey Deli Sub Sandwich, Muffin Pack

**Fruit & Vegetable** Cherry Tomato, Peaches, Diced

9

THURSDAY

**Classic Cafe** Crispy Chicken Nuggets, Whole Grain Dinner Roll

**Grab & Go** Turkey Deli Sub Sandwich, Muffin Pack

**Fruit & Vegetable** Potato Wedges, Green Beans, Cherry Tomato, Applesauce

7

TUESDAY

Cheese Pizza

**Grab & Go** Turkey Deli Sandwich, Turkey Ranch Wrap

**Fruit & Vegetable** Roasted Broccoli, Cherry Tomato, Mixed Canned Fruit

10

FRIDAY

**Classic Cafe** Pizza Crunchers, Marinara Sauce, Steamed Corn

**Grab & Go** Turkey Deli Sub Sandwich, Muffin Pack

**Fruit & Vegetable** Cherry Tomato, Diced Pears

8

WEDNESDAY

**Classic Cafe** Hamburger on a Bun

**Grab & Go** Turkey Ham Deli Sandwich, Muffin pack

**Fruit & Vegetable** California Blend Vegetable, Cherry Tomato, Pineapple Tidbits

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[www.taher.com](http://www.taher.com)

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MONDAY

**Classic Cafe** Cheese Bosco Stick

Marinara Sauce

**Grab & Go** Crispy Chicken Salad

**Fruit & Vegetable** Steamed Broccoli, Cherry Tomato, Peaches, Diced

16

THURSDAY

**Classic Cafe** Italian Meatball Sub

**Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad

**Fruit & Vegetable** Roasted Broccoli, Cherry Tomato, Applesauce

14

TUESDAY

**Classic Cafe** Beef Hot Dog on a Bun

**Diner** FILL IN SPECIAL

**Grab & Go** Turkey Deli Sandwich, Crispy Chicken Salad

**Fruit & Vegetable** Parsley Potato, Cherry Tomato, Mixed Canned Fruit

17

FRIDAY

**Classic Cafe** Pepperoni Pizza

**Grab & Go** Turkey Deli Sandwich, Crispy Chicken Salad

**Fruit & Vegetable** Glazed Carrots, Cherry Tomato, Diced Pears

15

WEDNESDAY

**Classic Cafe** Soft Beef Tacos, Lettuce, Tomato and Cheese, Salsa

**Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad

**Fruit & Vegetable** Refried Beans, Cherry Tomato, Pineapple Tidbits

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MONDAY

- Classic Cafe** Pasta with Meat Sauce
- Diner** Whole Grain Dinner Roll
- Grab & Go** Turkey Deli Sub Sandwich, Chef Salad
- Fruit & Vegetable** Green Beans, Baby Carrots, Peaches, Diced

23

THURSDAY

- Classic Cafe** Cheeseburger on a Bun
- Grab & Go** Chef Salad, Turkey Deli Sandwich
- Fruit & Vegetable** Roasted Carrots, Broccoli Florets, Applesauce

21

TUESDAY

- Classic Cafe** Corn Dog  
French Fries
- Grab & Go** Turkey Deli Sub Sandwich, Chef Salad
- Fruit & Vegetable** Baby Carrots, Mixed Canned Fruit

24

FRIDAY

- Classic Cafe** Crispy Chicken Sandwich, French Fries
- Fruit & Vegetable** Baby Carrots, Diced Pears

22

WEDNESDAY

- Classic Cafe** Meatballs and Gravy, Whole Grain Dinner Roll
- Grab & Go** Chef Salad
- Fruit & Vegetable** Mashed Potatoes, Baby Carrots, Pineapple Tidbits

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MONDAY

No School

30

THURSDAY

Classic Cafe Sack Lunch if Needed

28

TUESDAY

Classic Cafe Cook's Choice

**Fruit & Vegetable** Broccoli Florets, Canned Tropical Fruit

FRIDAY

29

WEDNESDAY

Classic Cafe Cook's Choice

**Fruit & Vegetable** Steamed Carrots, Broccoli Florets, Pineapple Tidbits

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