

# Kasson High School

November  
2024

## Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Plain Long John Cinnamon Toast Crunch Goldfish Graham Crackers  Canned Fruit Bar 100% Apple Juice Choice of Milk
4 Chocolate Chip Brekkie Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Apple Juice Choice of Milk	5 Banana Chocolate Loaf Cheese Stick Choice of Cereal Goldfish Graham Crackers  Fruit Selection 100% Orange Juice Choice of Milk	6 Breakfast Pizza Goldfish Graham Crackers Choice of Cereal  Fruit Selection Juice Selection Choice of Milk	7 Apple Frudel Choice of Cereal Goldfish Graham Crackers  Fresh Banana 100% Apple Juice Choice of Milk	8 Plain Long John Choice of Cereal Goldfish Graham Crackers  Applesauce 100% Apple Juice Choice of Milk
11 Cinnamon Cream Cheese Filled Bagel Choice of Cereal Goldfish Graham Crackers  Diced Peaches 100% Apple Juice Choice of Milk	12 Pancake on a Stick Choice of Cereal Goldfish Graham Crackers  Fruit Selection Juice Selection Choice of Milk	13 Egg& Cheese Sandwich Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Grape Juice Choice of Milk	14 Cocoa Puffs Cereal Bar Goldfish Graham Crackers Choice of Cereal  Fruit Selection 100% Apple Juice Choice of Milk	15 Plain Long John Choice of Cereal Goldfish Graham Crackers  Fruit Selection 100% Apple Juice Choice of Milk
18 Brekkie Choice of Cereal Goldfish Graham Crackers  Fruit Selection 100% Apple Juice Choice of Milk	19 Banana Chocolate Loaf Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Orange Juice Choice of Milk	20 Breakfast Pizza Choice of Cereal Goldfish Graham Crackers  Fruit Selection 100% Fruit Punch Juice Choice of Milk	21 Apple Frudel Choice of Cereal Goldfish Graham Crackers  Fruit Selection 100% Apple Juice Choice of Milk	22 Plain Long John Choice of Cereal Goldfish Graham Crackers  Fruit Selection 100% Apple Juice Choice of Milk
25 Cinnamon Cream Cheese Filled Bagel Choice of Cereal Goldfish Graham Crackers  Fruit Selection 100% Apple Juice Choice of Milk	26 Pancake on a Stick Choice of Cereal Goldfish Graham Crackers  Fruit Selection 100% Orange Juice Choice of Milk	27	28	29

Free For Students

### EXTRA INFO

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

### HARVEST OF



### THE MONTH

Menus and nutrition  
our app  
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