MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	Mini Donut Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk
4	5	6	7	8
Chocolate Chip Brekkie Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Apple Juice Choice of Milk	Banana Chocolate Loaf Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Orange Juice Choice of Milk	Breakfast Pizza Goldfish Graham Crackers Choice of Cereal Fruit Selection Juice Selection Choice of Milk	Apple Frudel Choice of Cereal Goldfish Graham Crackers Fresh Banana 100% Apple Juice Choice of Milk	Plain Long John Choice of Cereal Goldfish Graham Crackers Applesauce 100% Apple Juice Choice of Milk
11	12	13	14	15
cinnamon Cream Cheese illed Bagel choice of Cereal Goldfish Graham Crackers Diced Peaches 100% Apple Juice Choice of Milk	Pancake on a Stick Choice of Cereal Goldfish Graham Crackers Fruit Selection Juice Selection Choice of Milk	Egg& Cheese Sandwich Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Grape Juice Choice of Milk	Cocoa Puffs Cereal Bar Goldfish Graham Crackers Choice of Cereal Fruit Selection 100% Apple Juice Choice of Milk	Mini Donut Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Apple Juice Choice of Milk
18	19	20	21	22
Brekkie Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Apple Juice Choice of Milk	Banana Chocolate Loaf Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Orange Juice Choice of Milk	Breakfast Pizza Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Fruit Punch Juice Choice of Milk	Apple Frudel Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Apple Juice Choice of Milk	Plain Long John Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Apple Juice Choice of Milk
25	26	27	28	29
innamon Cream Cheese illed Bagel hoice of Cereal Goldfish Graham Crackers Fruit Selection 100% Apple Juice Choice of Milk	Pancake on a Stick Choice of Cereal Goldfish Graham Crackers Fruit Selection 100% Orange Juice Choice of Milk	No School	FILL IN SPECIAL	No School

Free For Students

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



Your MENUS plus more information on our app Taher Food4Life®

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