| THECOAY   | WEDVICON  | THILDERAY  |  |
|---|---|--|--|
|   |   |  | FRIDAY   |
|   |   |  | 6 HOM - Brussel Sprouts  |
| Cheese dippers Marinara Sauce   | Whole Grain Dinner Roll   | Walking Taco   | Sloppy Joe on a Bun<br>Kettle Potato Chips   |
| Roasted Broccoli<br>Red/Orange Vegetable<br>Mixed Fruit<br>Banana<br>Choice of Milk     | Steamed Corn Red/Orange Vegetable Pineapple Tidbits Banana Choice of Milk   | Salsa<br>Refried Beans<br>Red/Orange Vegetable<br>Applesauce<br>Banana<br>Choice of Milk   | Roasted Brussels Sprouts<br>Red/Orange Vegetables<br>Sliced Pears<br>Banana<br>Choice of Milk  |
| 10  | 11  | 12   | 13   |
| Chicken Taquito Brown Rice Salsa Black Beans Other Vegetable Mixed Fruit Choice of Milk | Crispy Chicken Nuggets Whole Grain Dinner Roll Sweet Potato Tots Other Vegetable Pineapple Tidbits Pear Choice of Milk  | Macaroni & Cheese Whole Grain Dinner Roll Roasted Carrots Other Vegetable Applesauce Pear Choice of Milk   | BBQ Pulled Pork Sandwich<br>French Fries<br>Roasted Broccoli<br>Other Vegetable<br>Diced Pears<br>Choice of Milk   |
| 17  | 18  | 19 HOM - Cranberry   | 20   |
| Beef Hot Dog on a Bun  Roasted Corn  Red/Orange Vegetable  Mixed Fruit  Choice of Milk  | Beefy Nachos w/Cheese Sauce  Refried Beans Red/Orange Vegetable Pineapple Tidbits Fresh Grapes Choice of Milk   | Baked Ham Cheesy Mashed Potatoes Whole Grain Dinner Roll Roasted Broccoli Red/Orange Vegetable Cranberry Pear Salad Applesauce Fresh Grapes Choice of Milk   | Cook's Choice  Glazed Carrots Red/Orange Vegetable Diced Pears Fresh Grapes Choice of Milk   |
|   |   |  |  |
|   |   |  |  |
|   | 3 Cheese dippers Marinara Sauce Roasted Broccoli Red/Orange Vegetable Mixed Fruit Banana Choice of Milk  10 Chicken Taquito Brown Rice Salsa Black Beans Other Vegetable Mixed Fruit Choice of Milk  17 Beef Hot Dog on a Bun Roasted Corn Red/Orange Vegetable Mixed Fruit | TUESDAY  3 Cheese dippers Marinara Sauce Roasted Broccoli Red/Orange Vegetable Mixed Fruit Banana Choice of Milk  10 Chicken Taquito Brown Rice Salsa Black Beans Other Vegetable Mixed Fruit Choice of Milk  17 Beef Hot Dog on a Bun  Chicken Salas Roasted Corn Red/Orange Vegetable Mixed Fruit Choice of Milk  Chicken Taquito Brown Rice Salsa Black Beans Other Vegetable Mixed Fruit Choice of Milk  Roasted Corn Red/Orange Vegetable Mixed Fruit Choice of Milk  Refried Beans Red/Orange Vegetable Pineapple Tidbits Pear Choice of Milk  Refried Beans Red/Orange Vegetable Pineapple Tidbits Pineapple Tidbits Pineapple Tidbits Fresh Grapes | TUESDAY  3 Cheese dippers Marinara Sauce Roasted Broccoli Red/Orange Vegetable Mixed Fruit Banana Choice of Milk  10 11 Chicken Taquito Brown Rice Salsa Black Beans Other Vegetable Mixed Fruit Choice of Milk  17 Beef Hot Dog on a Bun  Roasted Corn Red/Orange Vegetable Mixed Fruit Choice of Milk  Refried Beans Refried Beans Red/Orange Vegetable Pineapple Tidbits Banana Choice of Milk  12  Crispy Chicken Nuggets Whole Grain Dinner Roll Sweet Potato Tots Other Vegetable Pineapple Tidbits Pear Choice of Milk  Refried Beans Other Vegetable Pineapple Tidbits Pear Choice of Milk  Refried Beans Red/Orange Vegetable Mixed Fruit Choice of Milk  Refried Beans Red/Orange Vegetable Mixed Fruit Choice of Milk  Refried Beans Red/Orange Vegetable Mixed Fruit Choice of Milk  Refried Beans Red/Orange Vegetable Pineapple Tidbits Red/Orange Vege |

Free For Students Adult Meal Premium Adult Meal

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®

