MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All American Hamburger on a Bun French Fries Steamed Peas Celery Sticks Diced Peaches Choice of Milk	7 Chicken Bacon Ranch Melt Kettle Potato Chips Steamed Peas Celery Sticks Mixed Fruit Choice of Milk	8 Salisbury Steak Mashed Potatoes Gravy Whole Grain Dinner Roll Steamed Green Beans Baby Carrots Pineapple Tidbits Choice of Milk	9 Walking Taco Lettuce, Tomato and Cheese Celery Sticks Applesauce Choice of Milk	Pasta w/ Hearty Meat Sauce Garlic Toast Roasted Broccoli Cucumber Slices Canned Fruit Orange Quarters Choice of Milk
13	14	15	16	17
Pizza Crunchers Marinara Sauce Steamed Broccoli Baby Carrots Diced Peaches Choice of Milk	Goulash Garlic Toast Baby Carrots Mixed Fruit Choice of Milk	Crispy Chicken Tenders Whole Grain Dinner Roll Cheesy Mashed Potatoes Steamed Corn Baby Carrots Pineapple Tidbits Choice of Milk	Beefy Nachos w/Cheese Sauce Lettuce, Tomato and Cheese Black Beans Baby Carrots Applesauce Choice of Milk	Cheese Pizza Steamed Green Beans Baby Carrots Apple Slices Chioce of Milk
20	21	22	23	24
No School	BBQ Chicken Sandwich Cucumber Ranch Salad HOM - White Beans w/ Savory Roasted Broccoli Cauliflower Floret Mixed Fruit Choice of Milk	Fluffy Pancakes Sausage Patty Tri Tater Cauliflower Floret Pineapple Tidbits Choice of Milk	Crispy Chicken Nuggets Buttered Noodles Rip Stick Breadstick Roasted Carrots Cucumber Ranch Salad Mandarin Oranges Choice of Milk	Walking Taco Lettuce, Tomato and Cheese Seasoned Brown Rice Steamed Corn Salsa Black Beans Cauliflower Floret Diced Pears Choice of Milk
27	28	29	30	31
Crispy Chicken Patty Sandwich Steamed Green Beans Baby Carrots French Fries Diced Peaches Choice of Milk	Sloppy Joe on a Bun Coleslaw Kettle Potato Chips Mixed Fruit Fresh Grapes Choice of Milk	Chicken & Cheese Quesadilla Mexican Brown Rice Salsa Baby Carrots Pineapple Tidbits Choice of Milk	Roasted Beef Hot Dog on a Bun French Fries Baked Beans, Vegetarian Baby Carrots Applesauce Choice of Milk	No School

Free For Students Adult Meal

\$5.00

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®

