

Middle School Lunch

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

February 2025

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

3 MONDAY

- Chef's House Classics** Corn Dog, Baked Beans, Vegetarian
- Good Eats Diner** All American Hamburger on a Bun
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Grab & Go** Chef Salad, Crispy Chicken Wrap
- The Patch** French Fries, Cucumber Slices, Baby Carrots, Broccoli Florets, Diced Peaches, Fresh Fruit Bar, Choice of

6 THURSDAY

- Chef's House Classics** Chicken Potstickers, Chicken Fried Rice
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Upper Crust Pizza** Homemade Pepperoni Pizza
- Grab & Go** Crispy Chicken Wrap, Turkey BLT Salad, Steamed Green Beans, Green Pepper Slices
- The Patch** Baby Carrots, Cucumber Slices, Applesauce, Fresh Fruit Bar, Choice of Milk

4 TUESDAY

- Chef's House Classics** Walking Taco, Mexican Brown Rice
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Upper Crust Pizza** Homemade Cheese Pizza
- Grab & Go** Crispy Chicken Salad, Crispy Chicken Wrap
- The Patch** Black Beans, Salsa, Lettuce, Tomato and Cheese, Baby Carrots, Cherry Tomato, Cucumber Slices, Mixed Fr

7 FRIDAY

- Chef's House Classics** Pasta w/ Hearty Meat Sauce, Garlic Toast
- Good Eats Diner** Spicy Chicken Sandwich
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Grab & Go** Crispy Chicken Wrap
- The Patch** Roasted Broccoli, Cucumber Slices, Baby Carrots, Cherry Tomato, Diced Pears, Fresh Fruit Bar, Choice of Mil

5 WEDNESDAY

- Chef's House Classics** Salisbury Steak, Whole Grain Dinner Roll
- Good Eats Diner** Corn Dog, Rip Stick Breadstick
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Grab & Go** Turkey BLT Salad, Chef Salad, Crispy Chicken Wrap
- The Patch** Mashed Potatoes, Gravy, Steamed Green Beans, Baby Carrots, Broccoli Florets, HOM - Beet (Beet Salad), Pi

EXTRA INFO

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

- Chef's House Classics** Creamy Macaroni & Cheese, Whole Grain Dinner Roll
- Good Eats Diner** All American Hamburger on a Bun
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad
- The Patch** Roasted Broccoli, Cherry Tomato, Baby Carrots, Black Beans, Diced Peaches, Fresh Fruit Bar, Choice of

13

THURSDAY

- Chef's House Classics** Popcorn Chicken Bowl, Whole Grain Dinner Roll
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Upper Crust Pizza** Homemade Cheese Pizza
- Grab & Go** Crispy Chicken Wrap, Chef Salad
- The Patch** Mashed Potatoes, Steamed Corn, Cherry Tomato, Baby Carrots, Broccoli Florets, Applesauce, Fresh

11

TUESDAY

- Chef's House Classics** Chicken Bacon Ranch Melt
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Upper Crust Pizza** Homemade Sausage Pizza
- Grab & Go** Crispy Chicken Wrap, Crispy Chicken Salad
- The Patch** Steamed Peas, Celery Sticks, Cherry Tomato, Baby Carrots, Mixed Fruit, Fresh Fruit Bar, Choice of Milk

14

FRIDAY

- Chef's House Classics** Roasted Beef Hot Dog on a Bun
- Good Eats Diner** Spicy Chicken Sandwich
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Grab & Go** Crispy Chicken Wrap
- The Patch** Baked Beans, Vegetarian, French Fries, Cucumber Slices, Cherry Tomato, Diced Pears, Fresh Fruit Ba

12

WEDNESDAY

- Chef's House Classics** Cheesebread Dunkers, Marinara Sauce, Caesar Side Salad
- Good Eats Diner** Corn Dog, Rip Stick Breadstick
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad
- The Patch** Baby Carrots, Cherry Tomato, Cauliflower Floret, Pineapple Tidbits, Fresh Fruit Bar, Choice of Mi

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MONDAY

TUESDAY

WEDNESDAY 19

- Chef's House Classics** Orange Chicken, Seasoned Brown Rice
- Good Eats Diner** All American Hamburger on a Bun
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Grab & Go** Crispy Chicken Wrap, Garden Vegetable Salad
- The Patch** Mixed Vegetables, Celery Sticks, Baby Carrots, Green Pepper Slices, Pineapple Tidbits, Fresh Fruit Bar. C

THURSDAY 20

- Chef's House Classics** All American Hamburger on a Bun
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Upper Crust Pizza** Homemade Pepperoni Pizza
- Grab & Go** Crispy Chicken Wrap, Chef Salad
- The Patch** Potato Wedges, Baked Beans, Vegetarian, Celery Sticks, Broccoli Florets, Baby Carrots, Applesauce, F

FRIDAY 21

- Chef's House Classics** Crispy Chicken Tenders, Cheesy Mashed Potatoes, Bread Stick
- Good Eats Diner** Spicy Chicken Sandwich
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Grab & Go** Crispy Chicken Wrap, Crispy Chicken Salad
- The Patch** Steamed Green Beans, Celery Sticks, Baby Carrots, Diced Pears, Fresh Fruit Bar. Choice of Milk

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MONDAY

- Chef's House Classics** All American Hamburger on a Bun, Multigrain Sunchip
- Good Eats Diner** Crispy Chicken Sandwich
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Grab & Go** Crispy Chicken Salad, Turkey BLT Wrap, Baked Beans, Vegetarian
- The Patch** Coleslaw, Baby Carrots, Diced Peaches, Fresh Fruit Bar, Choice of Milk

27

THURSDAY

- Chef's House Classics** Popcorn Chicken Bowl, Whole Grain Dinner Roll
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Upper Crust Pizza** Homemade Pepperoni Pizza
- Grab & Go** Crispy Chicken Wrap, Turkey BLT Salad, Crispy Chicken Salad
- The Patch** Celery Sticks, Broccoli Florets, Baby Carrots, Applesauce, Fresh Fruit Bar, Choice of Milk

25

TUESDAY

- Chef's House Classics** Lasagna Rollup with Sauce, Garlic Toast
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Upper Crust Pizza** Homemade Cheese Pizza
- Grab & Go** Crispy Chicken Salad, Crispy Chicken Wrap
- The Patch** Roasted Broccoli, Cauliflower Floret, Baby Carrots, Caesar Side Salad, Mixed Fruit, Fresh Fruit Bar.

28

FRIDAY

- Chef's House Classics** Homemade Cheese Pizza
- Good Eats Diner** Crispy Chicken Sandwich, Cooks Choice
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Grab & Go** Turkey BLT Wrap
- Garb & Go** Crispy Chicken Salad

26

WEDNESDAY

- Chef's House Classics** Chicken Potstickers, Chicken Fried Rice
- Good Eats Diner** Corn Dog, Rip Stick Breadstick
- Happy Belly Deli** Turkey Ham Deli Sub Sandwich
- Grab & Go** Crispy Chicken Wrap, Turkey BLT Salad, Crispy Chicken Salad
- The Patch** Steamed Green Beans, Cucumber Slices, Baby Carrots, Pineapple Tidbits, Fresh Fruit Bar, Choice of Mi

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