MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chicken & Gravy Whole Grain Dinner Roll Mashed Potatoes Baby Carrots Broccoli Florets Cauliflower Floret Fresh Blueberries Diced Peaches Choice of Milk	BBQ Pulled Pork Sandwich Baked Beans, Vegetarian Baby Carrots Celery Sticks Cauliflower Floret Mixed Fruit Pear Choice of Milk	Cheese Pizza Roasted Carrots Cauliflower Floret Baby Carrots Cucumber Slices Applesauce Pear Choice of Milk	Crispy Chicken Tenders Whole Grain Dinner Roll Buttered Noodles Mixed Vegetables Baby Carrots Cauliflower Floret Green/ Yellow Bell Pepper Strips Applesauce Pear	Fish Sandwich w/Cheese Harvest Cheddar Sunchip Baked Beans, Vegetarian Baby Carrots Romaine Lettuce Cauliflower Floret Diced Pears Pear Choice of Milk
10	11	12	13	14
Chicken Bacon Ranch Melt Steamed Green Beans Baby Carrots Celery Sticks Broccoli Florets Diced Peaches Apple Choice of Milk	Sloppy Joe on a Bun Coleslaw Roasted Corn Baby Carrots Cauliflower Floret Mixed Fruit Fresh Grapes Choice of Milk	Crispy Chicken Sandwich Side Caesar Salad Glazed Carrots Baby Carrots Broccoli Florets Diced Pears Orange Quarters Choice of Milk	Walking Taco Lettuce, Tomato and Cheese Black Beans Baby Carrots Cucumber Slices Salsa Applesauce Fresh Grapes Choice of Milk	Cheese Pizza Steamed Peas Broccoli Florets Baby Carrots Pineapple Tidbits Pear Choice of Milk
17	18	19	20	21
All American Hamburger on a Bun French Fries Cucumber Slices Baby Carrots Broccoli Florets Diced Peaches Banana Choice of Milk	Pasta w/ Hearty Meat Sauce Bread Stick Steamed Peas Cucumber Slices Baby Carrots Mixed Fruit Banana Choice of Milk	Salisbury Steak Whole Grain Dinner Roll HOM - Mashed Potatoes w/ Rutabaga Gravy Steamed Corn Baby Carrots Cucumber Slices Pineapple Tidbits Banana Choice of Milk	Corn Dog Glazed Carrots Cucumber Slices Baby Carrots Applesauce Banana Choice of Milk	Fish Sandwich w/Cheese Kettle Potato Chips Steamed Green Beans Baby Carrots Cherry Tomato Diced Peaches Pear Choice of Milk
24	25	26	27	28
Fluffy Pancakes Sausage Patty Breakfast Potatoes Baby Carrots Cherry Tomato Mixed Fruit Pear Choice of Milk	Lasagna Rollup with Sauce Garlic Toast Roasted Broccoli Cucumber Slices Baby Carrots Diced Pears Banana Choice of Milk	Orange Chicken Whole Grain Dinner Roll Seasoned Brown Rice Steamed Corn Baby Carrots Cherry Tomato Applesauce Pear Choice of Milk	Roasted Beef Hot Dog on a Bun Seasoned Ranch Wedges Baked Beans, Vegetarian Cherry Tomato Baby Carrots Diced Pears Pear Choice of Milk	French Bread Italian Dunkers Marinara Sauce Baby Carrots Cherry Tomato Pineapple Tidbits Pear Choice of Milk
31	1			
Philly Cheesesteak Steamed Peas Baby Carrots Cucumber Ranch Salad Celery Sticks Diced Peaches Fresh Grapes Choice of Milk				

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 Teher Food4Life®

