

Kasson High School

Lunch Menu



January
2024

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

MONDAY

THURSDAY

Classic Cafe Chicken Alfredo w/Pasta

Rip Stick Breadstick, 1% Unflavored Milk, Fat Free Chocolate Milk

Diner Bun, Hamburger WG White Wheat, Spicy Chicken Patty on Bun

Grab & Go Buffalo Chicken Wrap, Chicken Caesar Salad

Pizza Parlor Pepperoni Pizza, Cheese Pizza

TUESDAY

FRIDAY

Classic Cafe Chicken Spaghetti, Whole Grain Dinner Roll

Diner Cheeseburger on a Bun, Crispy Chicken Sandwich

Grab & Go Chicken Caesar Salad, Buffalo Chicken Wrap, Ham Deli Sub Sandwich

Pizza Parlor Cheese Pizza, Sausage Pizza

Fruit & Vegetable Steamed Peas, Cherry Tomato, Mixed Canned Fruit

Classic Cafe Breakfast Sandwich, Tri Tater

Diner Hamburger on a Bun, Corn Dog

Grab & Go Turkey Ham Deli Sub Sandwich, Buffalo Chicken Wrap, Chicken Caesar Salad

Fruit & Vegetable Black Beans, Cherry Tomato, Diced Pears

1% Unflavored Milk, Fat Free Chocolate Milk

WEDNESDAY

EXTRA INFO

Classic Cafe BBQ Pulled Pork Sandwich

Kettle Potato Chips, 1% Unflavored Milk, Fat Free Chocolate Milk

Diner Hamburger on a Bun, Crispy Chicken Sandwich

Grab & Go Turkey Deli Sub Sandwich, Buffalo Chicken Wrap, Chicken Caesar Salad

Fruit & Vegetable California Blend Vegetable, Cherry Tomato, Coleslaw, Pineapple Tidbits

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

Menus are subject to change without notice. This institution is an equal opportunity provider.

www.taheer.com

Kasson High School

Lunch Menu



January
2024

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

8

MONDAY

Classic Cafe Cheese Bosco Stick

Marinara Sauce, 1% Unflavored Milk, Fat Free Chocolate Milk

Diner BBQ Rib Sandwich, Cheeseburger on a Bun, Crispy Chicken Sandwich

Grab & Go Turkey Ranch Wrap, Crispy Chicken Salad, Ham Deli Sandwich

Fruit & Vegetable Steamed Green Beans, Cherry Tomato, Peaches, Diced

11

THURSDAY

Classic Cafe Pasta with Meat Sauce, Whole Grain Dinner Roll

Grab & Go Turkey BLT Wrap, Crispy Chicken Salad, Ham Deli Sub Sandwich

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Fruit & Vegetable Roasted Broccoli, Cherry Tomato, Applesauce

1% Unflavored Milk, Fat Free Chocolate Milk

9

TUESDAY

Classic Cafe Beef Hot Dog on a Bun, Golden French Fries

Diner Cheeseburger on a Bun, Crispy Chicken Sandwich

Grab & Go Ham Deli Sub Sandwich, Turkey BLT Wrap, Crispy Chicken Salad

Pizza Parlor Sausage Pizza, Cheese Pizza

Fruit & Vegetable Roasted Corn, Cherry Tomato, Mixed Canned Fruit

12

FRIDAY

Classic Cafe Pancakes, Sausage Patty

Diner Cheeseburger on a Bun, Spicy Chicken Patty on Bun

Grab & Go Turkey Ranch Wrap, Crispy Chicken Salad, Turkey Deli Sub Sandwich

Fruit & Vegetable Glazed Carrots, Cherry Tomato, Diced Pears

1% Unflavored Milk, Fat Free Chocolate Milk

10

WEDNESDAY

Classic Cafe Beefy Nachos w/Cheese Sauce, Salsa

Diner Crispy Chicken Sandwich, Cheeseburger on a Bun

Grab & Go Turkey Deli Sub Sandwich, Turkey BLT Wrap, Crispy Chicken Salad

Fruit & Vegetable Refried Beans, Cherry Tomato, Pineapple Tidbits

1% Unflavored Milk, Fat Free Chocolate Milk

EXTRA INFO

Harvest of the Month



Milk choice of 1% or chocolate, is included with your Lunch.

For any questions or comments contact Vicki Kroll FSD at v.kroll@komets.k12.mn.us or 507-634-4462

Menus are subject to change without notice. This institution is an equal opportunity provider.

www.taher.com

Kasson High School

Lunch Menu



January
2024

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

15

MONDAY

- Classic Cafe** Grilled Ham & Cheese Sandwich,
Kettle Potato Chips
- Diner** Corn Dog, Cheeseburger on a Bun,
Crispy Chicken Sandwich
- Grab & Go** Ham Deli Sub Sandwich, Ham and
Cheese Charcuterie, Chef Salad,
Crispy Chicken Wrap
- Fruit &
Vegetable** Green Beans, Baby Carrots, Mixed
Canned Fruit
- 1% Unflavored Milk, Fat Free
Chocolate Milk

18

THURSDAY

- Classic Cafe** Chicken Bites w/ Sweet &
Sour Sauce
- Brown Rice, Whole Grain Dinner
Roll, 1% Unflavored Milk, Fat Free
Chocolate Milk
- Diner** Cheeseburger on a Bun, Crispy
Chicken Sandwich
- Grab & Go** Ham and Cheese Charcuterie, Chef
Salad, Crispy Chicken Wrap, Turkey
Deli Sandwich
- Pizza Parlor** Pepperoni Pizza, Cheese Pizza

16

TUESDAY

- Classic Cafe** Crispy Chicken Sandwich
- Diner** Cheeseburger on a Bun, Spicy
Chicken Patty on Bun
- Grab & Go** Ham Deli Sub Sandwich, Ham and
Cheese Charcuterie, Chef Salad
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Fruit &
Vegetable** Black Beans, Baby Carrots,
Banana

19

FRIDAY

No School

17

WEDNESDAY

- Classic Cafe** Italian Meatball Sub
- Diner** Crispy Chicken Sandwich,
Cheeseburger on a Bun
- Grab & Go** Crispy Chicken Wrap, Ham Deli
Sandwich, Ham and Cheese
Charcuterie, Chef Salad
- Fruit &
Vegetable** Baby Carrots, Pineapple Tidbits, 1%
Unflavored Milk, Fat Free Chocolate
Milk

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

Menus are subject to change without
notice. This institution is an equal
opportunity provider.

www.taheer.com

Kasson High School

Lunch Menu



January
2024

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

22

MONDAY

No School

25

THURSDAY

Classic Cafe Popcorn Chicken Bowl, Garlic Breadstick

Diner Crispy Chicken Sandwich, Cheeseburger on a Bun

Grab & Go Ham Deli Sandwich, Chicken Caesar Wrap, Chef Salad

Pizza Parlor Pepperoni Pizza, Cheese Pizza

Fruit & Vegetable Broccoli Florets, Applesauce

23

TUESDAY

Classic Cafe Walking Taco, Salsa

Lettuce, Tomato and Cheese, 1% Unflavored Milk, Fat Free Chocolate Milk

Diner Cheeseburger on a Bun, Crispy Chicken Sandwich

Grab & Go Turkey Deli Sub Sandwich, Chef Salad, Chicken Caesar Wrap

Pizza Parlor Sausage Pizza, Cheese Pizza

26

FRIDAY

Classic Cafe Cheese Pizza

Diner Cheeseburger on a Bun, Crispy Chicken Sandwich

Grab & Go Turkey Ham Deli Sandwich, Chicken Caesar Wrap, Chef Salad

Fruit & Vegetable Broccoli Florets, Diced Pears

1% Unflavored Milk, Fat Free Chocolate Milk

24

WEDNESDAY

Classic Cafe Toasted Italian Cheese Sandwich, Marinara Sauce, Caesar Side Salad

Diner Crispy Chicken Sandwich, Cheeseburger on a Bun

Grab & Go Chicken Caesar Wrap, Turkey Ham Deli Sandwich, Chef Salad

Fruit & Vegetable Steamed Carrots, Broccoli Florets, Pineapple Tidbits

1% Unflavored Milk, Fat Free Chocolate Milk

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

Menus are subject to change without notice. This institution is an equal opportunity provider.

www.taher.com

Kasson High School

Lunch Menu



January
2024

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

29

MONDAY

- Classic Cafe** Chicken Bacon Ranch Melt,
Cucumber Ranch Salad
- Diner** Cheeseburger on a Bun, Crispy
Chicken Sandwich
- Grab & Go** Ham Deli Sub Sandwich, Honey
Mustard Ham Wrap, Garden
Vegetable Salad
- Fruit &
Vegetable** Steamed Green Beans, Red/Orange
Bell Pepper, Peaches, Diced
- 1% Unflavored Milk, Fat Free
Chocolate Milk

THURSDAY

30

TUESDAY

- Classic Cafe** Pancakes, Easy Egg Bake
- Diner** Cheeseburger on a Bun, Spicy
Chicken Patty on Bun
- Grab & Go** Garden Vegetable Salad, Honey
Mustard Ham Wrap, Turkey Ham
Deli Sandwich
- Pizza Parlor** Sausage Pizza, Cheese Pizza
- Fruit &
Vegetable** Potato Wedges, Red/Orange Bell
Pepper, Mixed Canned Fruit

FRIDAY

31

WEDNESDAY

- Classic Cafe** Queso Chicken and Spanish
Rice
- Diner** Crispy Chicken Sandwich,
Cheeseburger on a Bun
- Grab & Go** Garden Vegetable Salad, Ham Deli
Sub Sandwich, Honey Mustard Ham
Wrap
- Fruit &
Vegetable** Steamed Carrots, Red/Orange Bell
Pepper, Pineapple Tidbits
- 1% Unflavored Milk, Fat Free
Chocolate Milk

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

Menus are subject to change without
notice. This institution is an equal
opportunity provider.

www.taheer.com