

Kasson Mantorville Middle School

January
2024

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	Chicken Spaghetti Whole Grain Dinner Roll Buffalo Chicken Wrap Chicken Caesar Salad Steamed Peas Cherry Tomato Mixed Canned Fruit 1% Unflavored Milk Fat Free Chocolate Milk	BBQ Pulled Pork Sandwich Kettle Potato Chips Hamburger on a Bun Buffalo Chicken Wrap Chicken Caesar Salad California Blend Vegetable Cherry Tomato Coleslaw Pineapple Tidbits 1% Unflavored Milk	Chicken Alfredo w/Pasta Rip Stick Breadstick Pepperoni Pizza Buffalo Chicken Wrap Chicken Caesar Salad Green Beans Cherry Tomato Applesauce 1% Unflavored Milk Fat Free Chocolate Milk	Breakfast Sandwich Tri Tater Steamed Corn Hamburger on a Bun Buffalo Chicken Wrap Chicken Caesar Salad Black Beans Cherry Tomato Diced Pears 1% Unflavored Milk
8	9	10	11	12
Cheese Bosco Stick Marinara Sauce BBQ Rib Sandwich Ham Deli Sandwich Crispy Chicken Salad Steamed Green Beans Cherry Tomato Peaches, Diced 1% Unflavored Milk Fat Free Chocolate Milk	Beef Hot Dog on a Bun Golden French Fries Cheese Pizza Turkey BLT Wrap Crispy Chicken Salad Roasted Corn Cherry Tomato Mixed Canned Fruit 1% Unflavored Milk Fat Free Chocolate Milk	Beefy Nachos w/Cheese Sauce Salsa Crispy Chicken Sandwich Turkey BLT Wrap Crispy Chicken Salad Refried Beans Cherry Tomato Pineapple Tidbits 1% Unflavored Milk Fat Free Chocolate Milk	Pasta with Meat Sauce Whole Grain Dinner Roll Sausage Pizza Turkey BLT Wrap Crispy Chicken Salad Roasted Broccoli Cherry Tomato Applesauce 1% Unflavored Milk Fat Free Chocolate Milk	Pancakes Sausage Patty Cheeseburger on a Bun Turkey Cranberry Wrap Crispy Chicken Salad Glazed Carrots Cherry Tomato Diced Pears 1% Unflavored Milk Fat Free Chocolate Milk
15	16	17	18	19
Grilled Ham & Cheese Sandwich Kettle Potato Chips Corn Dog Ham and Cheese Charcuterie Chef Salad Green Beans Baby Carrots Mixed Canned Fruit 1% Unflavored Milk Fat Free Chocolate Milk	Crispy Chicken Sandwich Cheese Pizza Ham and Cheese Charcuterie Chef Salad Black Beans Baby Carrots Banana 1% Unflavored Milk Fat Free Chocolate Milk	Italian Meatball Sub Crispy Chicken Sandwich Ham and Cheese Charcuterie Chef Salad Baby Carrots Pineapple Tidbits 1% Unflavored Milk Fat Free Chocolate Milk	HOM Chicken Bites w/ Sweet & Sour Sauce Brown Rice Whole Grain Dinner Roll Pepperoni Pizza Ham and Cheese Charcuterie Chef Salad Kung Fu Carrots Baby Carrots Fresh Grapefruit 1% Unflavored Milk	No School
22	23	24	25	26
No School	Walking Taco Salsa Lettuce, Tomato and Cheese Cheese Pizza Pretzel Bites Yogurt Pak Munchable Craving Chicken Salad Refried Beans Broccoli Florets Mixed Canned Fruit 1% Unflavored Milk	Toasted Italian Cheese Sandwich Marinara Sauce Caesar Side Salad Crispy Chicken Sandwich Pretzel Bites Yogurt Pak Munchable Craving Chicken Salad Steamed Carrots Broccoli Florets Pineapple Tidbits	Popcorn Chicken Bowl Garlic Breadstick Pretzel Bites & Cheese Munchable Craving Chicken Salad Sausage Pizza Broccoli Florets Applesauce 1% Unflavored Milk Fat Free Chocolate Milk	Cheese Pizza Pretzel Bites Yogurt Pak Munchable Craving Chicken Salad Cheeseburger on a Bun Garden Vegetable Salad Broccoli Florets Diced Pears 1% Unflavored Milk Fat Free Chocolate Milk
29	30	31	1	
Chicken Bacon Ranch Melt Cucumber Ranch Salad BBQ Rib Sandwich NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Chef Salad Steamed Green Beans Red/Orange Bell Pepper Peaches, Diced 1% Unflavored Milk Fat Free Chocolate Milk	Pancakes Easy Egg Bake Cheese Pizza NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Chef Salad Potato Wedges Red/Orange Bell Pepper Mixed Canned Fruit 1% Unflavored Milk Fat Free Chocolate Milk	Queso Chicken and Spanish Rice Crispy Chicken Sandwich NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Chef Salad Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits 1% Unflavored Milk Fat Free Chocolate Milk		

PRICES

Regular	Free
Adult Meal	\$4.95
Premium Adult Meal	\$5.25
Student Extra Meal	\$4.95
Extra Milk	\$0.50

EXTRA INFO

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

HARVEST OF



THE MONTH



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