

Kasson High School

Lunch Menu



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March
2024

MONDAY

THURSDAY

TUESDAY

FRIDAY
1

WEDNESDAY

EXTRA INFO

Classic Cafe Hamburger Gravy, Garlic Toast

Mashed Potatoes, 1% Unflavored Milk, Fat Free Chocolate Milk

Diner Hamburger on a Bun, Crispy Chicken Sandwich, Cooks Choice

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

Fruit & Vegetable Steamed Peas, Baby Carrots, Diced Pears

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

- Classic Cafe** Macaroni & Cheese, Whole Grain Dinner Roll
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Corn Dog
- Grab & Go** Turkey Ham Deli Sub Sandwich, Crispy Chicken Wrap, Chef Salad
- Fruit & Vegetable** Broccoli Florets, Peaches, Diced, Fresh Pear
- 1% Unflavored Milk, Fat Free Chocolate Milk

7
THURSDAY

- Classic Cafe** Chicken & Gravy, Whole Grain Dinner Roll
- Mashed Potato - 1 cup serving, 1% Unflavored Milk, Fat Free Chocolate Milk
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Cooks Choice
- Grab & Go** Crispy Chicken Wrap, Chef Salad, Turkey Ham Deli Sub Sandwich
- Pizza Parlor** Cheese Pizza, Sausage Pizza

5
TUESDAY

- Classic Cafe** Beef & Cheese Quesadilla, Salsa
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun
- Grab & Go** Crispy Chicken Wrap, Chef Salad, Turkey Ham Deli Sub Sandwich
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Fruit & Vegetable** Refried Beans, Broccoli Florets, HOM - Orange Juice Cup

8
FRIDAY

- Classic Cafe** Fish Sandwich with Cheese, Golden French Fries
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Cooks Choice
- Grab & Go** Crispy Chicken Wrap, Chef Salad, Turkey Ham Deli Sub Sandwich
- Fruit & Vegetable** Steamed Green Beans, Broccoli Florets, Diced Pears, Fresh Pear
- 1% Unflavored Milk, Fat Free Chocolate Milk

6
WEDNESDAY

- Classic Cafe** Hot Ham Cheese Sandwich
- Fruit & Vegetable** HOM - Vegetable Soup w/ Rutabaga, Steamed Carrots, Broccoli Florets, Pineapple Tidbits
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich
- Cooks Choice** Cooks Choice
- Grab & Go** Crispy Chicken Wrap, Chef Salad, Turkey Ham Deli Sub Sandwich

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MONDAY

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

14

THURSDAY

- LTO** Maple French Toast Sausage
Bread- LTO
Breakfast Potatoes, 1% Unflavored
Milk, Fat Free Chocolate Milk
- Diner** Cheeseburger on a Bun, Spicy
Chicken Patty on Bun
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Grab & Go** Ham Deli Sub Sandwich, Garden
Vegetable Salad, Turkey Ranch
Wrap

12

TUESDAY

- Classic Cafe** Breakfast Sandwich
- Diner** Cheeseburger on a Bun, Spicy
Chicken Patty on Bun, Cooks Choice
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Grab & Go** Garden Vegetable Salad, Ham Deli
Sub Sandwich, Turkey Ranch Wrap
- Fruit &
Vegetable** Potato Wedges, Red/Orange Bell
Pepper, Mixed Canned Fruit, Fresh
Grapes

15

FRIDAY

- Classic Cafe** Cheese Pizza
- Diner** Hamburger on a Bun, Crispy
Chicken Sandwich, Cooks Choice
- Grab & Go** Ham Deli Sub Sandwich, Garden
Vegetable Salad, Turkey Ranch
Wrap
- Fruit &
Vegetable** Roasted Broccoli, Red/Orange Bell
Pepper, Diced Pears, Fresh Grapes
1% Unflavored Milk, Fat Free
Chocolate Milk

13

WEDNESDAY

- Classic Cafe** Salsa Chicken Bowl
- Diner** Hamburger on a Bun, Crispy
Chicken Sandwich, Cooks Choice
- Grab & Go** Ham Deli Sub Sandwich, Garden
Vegetable Salad, Turkey Ranch
Wrap
- Fruit &
Vegetable** Steamed Carrots, Red/Orange Bell
Pepper, Pineapple Tidbits, Fresh
Grapes
1% Unflavored Milk, Fat Free
Chocolate Milk

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- Classic Cafe** Cubano on a Sub Roll
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Cooks Choice
- Grab & Go** Choice of Deli Sandwich or Sub, Turkey BLT Salad, Buffalo Chicken Wrap
- Fruit & Vegetable** Golden French Fries, Baby Carrots, Peaches, Diced, Banana
- 1% Unflavored Milk, Fat Free Chocolate Milk

21

THURSDAY

- Classic Cafe** Asian Chicken Noodle Bowl with Lemongrass
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Cooks Choice
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Grab & Go** Turkey Ham Deli Sub Sandwich, Choice of Deli Sandwich or Sub, Turkey BLT Salad
- Fruit & Vegetable** Spiced Pinto Beans, Baby Carrots, Applesauce, Banana

19

TUESDAY

- Classic Cafe** Grilled Chicken Sandwich, Kettle Potato Chips
- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Cooks Choice
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Grab & Go** Turkey Ham Deli Sub Sandwich, Buffalo Chicken Wrap, Turkey BLT Salad
- Fruit & Vegetable** Roasted Broccoli, Baby Carrots, Mixed Canned Fruit, Banana

22

FRIDAY

- Classic Cafe** Toasted Cheese Sandwich, Tomato Soup
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich, Cooks Choice
- Grab & Go** Turkey Ham Deli Sub Sandwich, Buffalo Chicken Wrap, Turkey BLT Salad
- Fruit & Vegetable** California Blend Vegetable, Baby Carrots, Diced Pears, Banana
- 1% Unflavored Milk, Fat Free Chocolate Milk

20

WEDNESDAY

- Classic Cafe** BBQ Pulled Pork Sandwich
- Diner** Hamburger on a Bun, Crispy Chicken Sandwich
- Grab & Go** Choice of Deli Sandwich or Sub, Chef Salad
- Fruit & Vegetable** Steamed Peas, Baby Carrots, Pineapple Tidbits, Banana
- 1% Unflavored Milk, Fat Free Chocolate Milk

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Classic Cafe Cooks Choice

Diner Hamburger on a Bun, Crispy Chicken Sandwich

Grab & Go Crispy Chicken Wrap, Ham Deli Sub Sandwich

Fruit & Vegetable Potato Wedges, Cherry Tomato, Peaches, Diced, Fresh Pear

1% Unflavored Milk, Fat Free Chocolate Milk

THURSDAY

26

TUESDAY

Classic Cafe Cooks Choice, Whole Grain Dinner Roll

Diner Cheeseburger on a Bun, Spicy Chicken Patty on Bun

Pizza Parlor Cheese Pizza, Sausage Pizza

Grab & Go Ham Deli Sub Sandwich, Crispy Chicken Wrap

Fruit & Vegetable Roasted Broccoli, Cherry Tomato, Mixed Canned Fruit, Fresh Pear

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