MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
	Apple Frudel Choice of Cereal Goldfish Graham Crackers	Pancake on a Stick Choice of Cereal Goldfish Graham Crackers	Mini Eggo Waffles Choice of Cereal Goldfish Graham Crackers	No School
	Canned Fruit Bar 100% Apple Juice Choice of Milk	Canned Fruit Bar 100% Apple Juice Choice of Milk	Canned Fruit 100% Apple Juice Choice of Milk	
7	8	9	10	11
Chocolate Chip Brekkie Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk	Cinnamon Roll Choice of Cereal Goldfish Graham Crackers Canned Fruit 100% Apple Juice Choice of Milk	Pancake on a Stick Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk	Mini Pancakes Choice of Cereal Goldfish Graham Crackers Canned Fruit 100% Apple Juice Choice of Milk	Chocolate Chocolate Chip Muffin Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk
14	15	16	17	18
Banana Chocolate Loaf Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk	Apple Frudel Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk	Pancake on a Stick Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk	Mini Eggo Waffles Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk	No School
21	22	23	24	25
No School	Cinnamon Roll Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk	Choice of Cereal Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk	Choice of Frudel Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk	Chocolate Chocolate Chip Muffin Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk
28	29	30	1	
Banana Chocolate Loaf Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk	Apple Frudel Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice Choice of Milk	Pancake on a Stick Choice of Cereal Goldfish Graham Crackers Canned Fruit Bar 100% Apple Juice 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



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