

# KM Middle School Lunch

May  
2025

Variety of Fruits and Vegetables Available Daily on the Fruit and Vegetable Bar

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| 28   | 29   | 30   | 1   | 2   |
|  |  |  | Pasta w/ Hearty Meat Sauce<br>Bread Stick<br>Ham Deli Sub Sandwich<br>Chef Salad<br>Homemade Pepperoni Pizza<br>Glazed Carrots<br>Vegetable Bar<br>Fresh Fruit Bar<br>Canned Fruit Bar<br>Choice of Milk                      | Crispy Chicken Sandwich<br>Turkey Ham Deli Sub Sandwich<br>Chef Salad<br>All American Hamburger on a Bun<br>Roasted Broccoli<br>Fresh Fruit Bar<br>Canned Fruit Bar<br>Vegetable Bar                                    |
| 5  | 6 HOM - Pineapple  | 7  | 8   | 9   |
| Creamy Macaroni & Cheese<br>Whole Grain Dinner Roll<br>Honey Mustard Ham Wrap<br>Crispy Chicken Salad<br>Crispy Chicken Sandwich<br>Steamed Peas<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk | Soft Beef Tacos<br>Honey Mustard Ham Wrap<br>Crispy Chicken Salad<br>Homemade Pepperoni Pizza<br>Salsa<br>Black Beans<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk  | Classic Cheeseburger<br>Lettuce and Tomato<br>BBQ Rib Sandwich<br>Honey Mustard Ham Wrap<br>Crispy Chicken Salad<br>French Fries<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk           | Popcorn Chicken Bowl<br>Whole Grain Dinner Roll<br>Honey Mustard Ham Wrap<br>Crispy Chicken Salad<br>Homemade Cheese Pizza<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk                          | Sloppy Joe on a Bun<br>Kettle Potato Chips<br>Honey Mustard Ham Wrap<br>Crispy Chicken Salad<br>Spicy Chicken Sandwich<br>Steamed Green Beans<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk |
| 12   | 13   | 14   | 15  | 16  |
| Cheese Bosco Sticks<br>Marinara Sauce<br>Turkey Deli Sub Sandwich<br>Chef Salad<br>All American Hamburger on a Bun<br>Steamed Peas<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk               | Fluffy Pancakes<br>Sausage Patty<br>Turkey Ham Deli Sub Sandwich<br>Chef Salad<br>Homemade Pepperoni Pizza<br>Potato Wedges<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk                                    | Orange Chicken<br>Seasoned Brown Rice<br>Turkey Ham Deli Sub Sandwich<br>Chef Salad<br>BBQ Rib Sandwich<br>Steamed Carrots<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk                 | Corn Dog<br>Ham Deli Sub Sandwich<br>Chef Salad<br>Homemade Cheese Pizza<br>Baked Beans, Vegetarian<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk   | Chicken & Gravy<br>Whole Grain Dinner Roll<br>Turkey Deli Sub Sandwich<br>Chef Salad<br>Crispy Chicken Sandwich<br>Roasted Broccoli<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk           |
| 19   | 20 HOM - Asparagus   | 21   | 22 United Tastes of America   | 23  |
| Roasted Beef Hot Dog on a Bun<br>Turkey & Cheese Sandwich<br>Garden Vegetable Salad<br>Classic Cheeseburger<br>French Fries<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk                      | Pasta w/ Hearty Meat Sauce<br>Garlic Toast<br>Turkey & Cheese Sandwich<br>Garden Vegetable Salad<br>Homemade Sausage Pizza<br>Steamed Green Beans<br>Fresh Fruit Bar<br>Canned Fruit Bar<br>Vegetable Bar<br>Choice of Milk              | Chicken Bacon Ranch Melt<br>Turkey & Cheese Sandwich<br>Chef Salad<br>BBQ Rib Sandwich<br>Steamed Corn<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk                                     | All American Hamburger on a Bun<br>Turkey & Cheese Sandwich<br>Chef Salad<br>Homemade Pepperoni Pizza<br>Baked Beans, Vegetarian<br>Creamy Coleslaw<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk | Cheese Pizza<br>Turkey & Cheese Sandwich<br>Chef Salad<br>Crispy Chicken Sandwich<br>California Blend Vegetable<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk                               |
| 26   | 27   | 28   | 29  | 30  |
| No School  | Crispy Chicken Tenders<br>Whole Grain Dinner Roll<br>Turkey Ham Deli Sub Sandwich<br>Crispy Chicken Salad<br>Homemade Cheese Pizza<br>Roasted Broccoli<br>Cheesy Mashed Potatoes<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar | Creamy Macaroni & Cheese<br>Whole Grain Dinner Roll<br>Crispy Chicken Wrap<br>Crispy Chicken Salad<br>BBQ Rib Sandwich<br>Roasted Broccoli<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk | Turkey blt Flatbread<br>Kettle Potato Chips<br>Crispy Chicken Wrap<br>Chef Salad<br>Homemade Sausage Pizza<br>Roasted Carrots<br>Canned Fruit Bar<br>Fresh Fruit Bar<br>Vegetable Bar<br>Choice of Milk                       | ALL DAY ADVISORY  |

## PRICES

Regular  
Adult Meal  
Premium Adult Meal

Free

## 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

Menus and nutrition  
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