

KM HS Lunch Menu

December
2025

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily
on the Fruit & Vegetable Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pulled Pork Sandwich French Fries Variety of Veggies Canned Fruit Bar Canned Fruit Bar Choice of Milk	2 Chicken Alfredo w/Pasta Garlic Toast Steamed Broccoli Variety of Veggies Canned Fruit Bar Fresh Fruit Bar Choice of Milk	3 Walking Taco Black Beans Variety of Veggies Fresh Fruit Bar Fresh Fruit Bar Choice of Milk	4 Goulash Whole Grain Dinner Roll Steamed Green Beans Variety of Veggies Canned Fruit Bar Fresh Fruit Bar Choice of Milk	5 cheese bread Dipper Marinara Sauce California Blend Vegetable Variety of Veggies Canned Fruit Bar Fresh Fruit Bar Choice of Milk
8 Cheeseburger Fries Whole Grain Dinner Roll Variety of Veggies Canned Fruit Bar Fresh Fruit Bar Choice of Milk	9 Chicken Bacon Ranch Melt Roasted Broccoli Other Vegetable Canned Fruit Bar Fresh Fruit Bar Choice of Milk	10 Crispy Chicken Tenders Whole Grain Dinner Roll Garlic Mashed Potato Variety of Veggies Canned Fruit Bar Fresh Fruit Bar Choice of Milk	11 Creamy Macaroni & Cheese Whole Grain Dinner Roll Roasted Carrots Variety of Veggies Canned Fruit Bar Fresh Fruit Bar Choice of Milk	12 HOM: Clove Philly Flatbread Black Beans Variety of Veggies Canned Fruit Bar Fresh Fruit Bar Choice of Milk
15 Cheese Bosco Sticks Marinara Sauce Steamed Green Beans Variety of Veggies Canned Fruit Bar Fresh Fruit Bar Choice of Milk	16 BBQ Chicken Sandwich Kettle Potato Chips Baked Beans, Vegetarian Variety of Veggies Canned Fruit Bar Fresh Fruit Bar Choice of Milk	17 BBQ Chicken Sandwich Baked Beans, Vegetarian Red/Orange Vegetable Canned Fruit Bar Fresh Fruit Bar Choice of Milk	18 Baked Ham Cheesy Garlic Toast Whole Grain Dinner Roll Red/Orange Vegetable Canned Fruit Bar Fresh Fruit Bar Choice of Milk	19 Cooks Choice Red/Orange Vegetable Canned Fruit Bar Fresh Fruit Bar Choice of Milk
22 No School	23 No School	24 No School	25 No School	26 No School
29 No School	30 No School	31 No School	1	

PRICES

Free For Students	
Adult Meal	\$5.25
Premium Adult Meal	\$5.50

EXTRA INFO

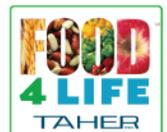
Milk choice of 1% or chocolate, is included with your Lunch.
For any questions or comments contact Vicky Kroll FSD at v.kroll@komets.k12.mn.us or 507-634-4462

HARVEST OF



THE MONTH

Menus and nutrition
our app
Taher Food4Life®



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