



ZED

February
2023

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Potstickers Chicken Fried Rice Steamed Carrots Baby Carrots Diced Pears Banana Choice of Milk	2 Soft Beef Tacos Spiced Pinto Beans Salsa Pineapple Tidbits Banana Choice of Milk	3 Cheese Pizza California Blend Vegetable Baby Carrots Applesauce Choice of Milk
6 BBQ Pork or Chicken in a Cornbread Bowl Black Beans Red Peppers Diced Peaches Fresh Orange Choice of Milk	7 Crispy Chicken Nuggets Whole Grain Dinner Roll Roasted Broccoli Red Peppers Applesauce Fresh Orange Choice of Milk	8 Macaroni & Cheese Whole Grain Dinner Roll Roasted Corn Red Peppers Mixed Canned Fruit Fresh Orange Choice of Milk	9 Shrimp Poppers Cheesy Garlic Toast Coleslaw Red Peppers Pineapple Tidbits Fresh Orange Choice of Milk	10 Beef Hot Dog on a Bun Steamed Carrots Red Peppers Diced Pears Fresh Orange Choice of Milk
13 Chicken Bacon Alfredo Flatbread Green Beans Cherry Tomato Diced Peaches Choice of Milk	14 BBQ Rib Sandwich Steamed Corn Cherry Tomato Fresh Mixed Fruit Choice of Milk	15 Soft Beef Tacos Refried Beans Cherry Tomato Pineapple Tidbits Fresh Grapes Choice of Milk	16 Cheeseburger on a Bun Roasted Broccoli Cherry Tomato Applesauce Choice of Milk	17 French Toast Sticks Sausage Patty Steamed Carrots Cherry Tomato Diced Pears Choice of Milk
20 Crispy Chicken Sandwich Roasted Broccoli Baby Carrots Diced Peaches 1% Milk	21 Salisbury Steak Whole Grain Dinner Roll Mashed Potatoes Gravy Baby Carrots Mixed Canned Fruit Choice of Milk	22 Crispy Chicken Nuggets Whole Grain Dinner Roll Baked Beans Baby Carrots Banana Choice of Milk	23 Grilled Ham & Cheese Sandwich Tater Tots Baby Carrots Applesauce Banana Choice of Milk	24 Cheese Pizza California Blend Vegetable Baby Carrots Diced Pears Choice of Milk
27 Turkey Flatbread Baked Beans Cucumber Slices Diced Peaches Choice of Milk	28 Pasta with Meat Sauce Steamed Green Beans Cucumber Slices Mixed Canned Fruit Choice of Milk			

PRICES

Tier 1	\$2.55
Tier 2	\$2.60
Tier 3	\$2.65
Extra milk	\$0.50
Adult	\$3.95

EXTRA INFO

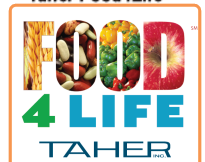
Milk choice of 1% or chocolate, is included with your Lunch.
 For any questions or comments contact Vicky Kroll FSD at v.kroll@komets.k12.mn.us or 507-634-4462

HARVEST OF



THE MONTH

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