



Owatonna Middle School

This institution is an equal opportunity provider

OCTOBER 2021 LUNCH MENU

Lunch is **FREE** for all students for the 2021-2022 school year!

FRUITS & VEGGIES

All school lunches are served with a fruit and vegetable. Students must select a fruit or vegetable as part of their meal.

MILK

All school lunches are served with a choice of Ψ skim or low fat (white), or Ψ skim (chocolate) milk. Milk with a cold lunch from home is \$0.45 per carton. Students must have money in their meal account to purchase milk.

STUDENT MEAL ACCOUNTS

Students must have money in their meal account to purchase a la carte items. A la carte items include single milk purchases. For more information on ways to manage student meal accounts, please visit [Meal Accounts](#) on the Nutrition Services webpage.

EDUCATIONAL BENEFITS

Your student may qualify for P-EBT or additional Educational Benefits. For more information, please visit [Application for Educational Benefits](#) on the Nutrition Services webpage.

ALLERGY INFORMATION

This menu contains one or more of the following ingredients: milk, eggs, soybeans, fish, shellfish, sesame and/or wheat. Please contact 507-444-8629 with special diet related inquiries.

Ψ Farm to School or Local Product

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| Pizza ⁴ Green Beans Mandarin Oranges Fresh Veggie Fresh Fruit | Mini Corn Dogs ⁵ Baked Beans Sliced Peaches Fresh Veggie Fresh Fruit | Pasta w/ Chicken Alfredo & Garlic Breadstick ⁶ Peas Applesauce Italian Lettuce Salad Fresh Fruit | Garlic Parmesan Chicken w/ Roasted Pepper Rice & Ψ Dinner Roll ⁷ California Veggie Blend Sliced Pears Fresh Veggie Fresh Fruit | Cheeseburger or Hamburger ⁸ Baked Beans Frozen Fruit Cup Fresh Veggie Fresh Fruit |
| Cheese Filled Breadstick Bites w/ Sauce ¹¹ Glazed Carrots Pineapple Tidbits Fresh Veggie Fresh Fruit | Chipotle Bar ¹² Fiesta Beans Corn Bean Salsa Sliced Peaches Shredded Lettuce Fresh Fruit | Orange Chicken w/ Brown Rice Pilaf ¹³ Edamame Applesauce Side Salad Fresh Fruit | Baked Potato Bar w/ Soft Pretzel ¹⁴ Steamed Broccoli Sliced Pears Fresh Veggie Fresh Fruit | Philly Cheesesteak ¹⁵ Peppers & Onions Shoestring Fries Orange Strawberry Mix Fresh Veggie Fresh Fruit |
| Ψ Italian Dunkers w/ Sauce ¹⁸ Green Beans Fresh Veggie Mandarin Oranges Fresh Fruit | Chicken Tenders ¹⁹ Mashed Potatoes & Gravy Sliced Peaches Fresh Veggie Fresh Fruit | Pasta w/ Meat Sauce & Garlic Breadstick ²⁰ Corn Applesauce Caesar Salad Fresh Fruit | NO SCHOOL ²¹ | NO SCHOOL ²² |
| Mini Waffles w/ Scrambled Eggs ²⁵ Tater Tots Yogurt & Berries Pineapple Tidbits Fresh Veggie Fresh Fruit | Walking Tacos ²⁶ Cheesy Refried Beans Sliced Peaches Shredded Lettuce Fresh Veggie Fresh Fruit | Sweet & Sour Chicken w/ Brown Rice Pilaf ²⁷ Steamed Broccoli Applesauce Fresh Veggie Fresh Fruit | Cheese Ravioli & Garlic Breadstick ²⁸ Oven Roasted Asparagus Sliced Pears Fresh Veggie Fresh Fruit | Breaded or Spicy Chicken Sandwich ²⁹ Spiral Fries Mixed Berries Fresh Veggie Fresh Fruit |