



Owatonna High 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, peanuts, tree nuts, 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
Ψ Italian Dunkers w/ Sauce 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 Straight Seasoned Fries 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 Pretzels ¹⁴ Steamed Broccoli Sliced Pears Fresh Veggie Fresh Fruit	Philly Cheesesteak ¹⁵ Peppers & Onions Shoestring Fries Orange Strawberry Mix Fresh Veggie Fresh Fruit
Pizza ¹⁸ Green Beans Mandarin Oranges Fresh Veggie 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 w/ Churro 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