



Owatonna Elementary Schools

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
4 Cheese Filled Breadstick Bites w/ Sauce Ham Sandwich Glazed Carrots Pineapple Tidbits Fresh Veggie Fresh Fruit	5 Walking Tacos Pizza Power Pack Cheesy Refried Beans Sliced Peaches Shredded Lettuce Fresh Fruit	6 Orange Chicken w/ Brown Rice Pilaf All-American Sub Sandwich Edamame Applesauce Side Salad Fresh Fruit	7 Yogurt Parfait Bar Garden Salad Baby Roasted Potatoes Sliced Pears Fresh Veggie Fresh Fruit	8 Breaded or Spicy Chicken Sandwich Wowbutter & Jelly Sandwich w/ Cheese Stick Buffalo Cauliflower Bites Fresh Veggie Fresh Fruit
11 Pizza Turkey Sandwich Green Beans Mandarin Oranges Fresh Veggie Fresh Fruit	12 Mini Corn Dogs Mediterranean Power Pack Baked Beans Sliced Peaches Fresh Veggie Fresh Fruit	13 Pasta w/ Chicken Alfredo & Garlic Breadstick All-American Sub Sandwich Peas Applesauce Italian Lettuce Salad Fresh Fruit	14 Shrimp Poppers Breaded Chicken Salad Oven Roasted Asparagus Sliced Pears Fresh Veggie Fresh Fruit	15 Sloppy Joe Wowbutter & Jelly Sandwich w/ Cheese Stick Sweet Potato Fries Frozen Fruit Cup Fresh Veggie Fresh Fruit
18 Mini Waffles w/ Scrambled Eggs Ham Sandwich Tater Tots Pineapple Tidbits Fresh Veggie Fresh Fruit	19 Cheese Quesadilla Pizza Power Pack Cheesy Refried Beans Sliced Peaches Fresh Veggie Fresh Fruit	20 Sweet & Sour Chicken w/ Brown Rice Pilaf All-American Sub Sandwich Steamed Broccoli Applesauce Fresh Veggie Fresh Fruit	21 NO SCHOOL	22 NO SCHOOL
25 Ψ Italian Dunkers w/ Sauce Turkey Sandwich Mandarin Oranges Green Beans Fresh Veggie Fresh Fruit	26 Chicken Tenders Pretzel Power Pack Mashed Potatoes & Gravy Sliced Peaches Fresh Veggie Fresh Fruit	27 Pasta w/ Meat Sauce & Garlic Breadstick All-American Sub Sandwich Corn Applesauce Caesar Salad Fresh Fruit	28 Baked Potato Bar w/ Soft Pretzel Grilled Chicken Salad Steamed Broccoli Sliced Pears Fresh Veggie Fresh Fruit	29 Cheeseburger or Hamburger Wowbutter & Jelly Sandwich w/ Cheese Stick Baked Beans Frozen Fruit Cup Creamy Cucumber Salad Fresh Fruit