



Owatonna Elementary Schools

This institution is an equal opportunity provider

FEBRUARY 2023

LUNCH MENU

MEAL PRICE

Student: \$2.60
Adult: \$4.95

FRUITS & VEGGIES

All school lunches are served with a fruit and vegetable. Students must select a ½ c fruit or vegetable as part of their meal.

Ψ MILK

All school lunches are served with a choice of skim or low fat (white), or skim (chocolate) milk. Milk with a cold lunch from home is \$0.55 per carton.

STUDENT MEAL ACCOUNTS

Parents and guardians are encouraged to deposit money into their students meal accounts. 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 free or reduced price meals 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, soybean, fish, shellfish, sesame and/or wheat. Please contact 507-444-8629 with special diet related inquiries.

Ψ Farm to School or Local Product
Nutrition Services: 507-444-8616

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN 30 Cheese Filled Breadstick Bites w/ Sauce Ham Sandwich Steamed Mixed Veggies Pineapple Tidbits Fresh Veggie Fresh Fruit	JAN 31 Walking Tacos Pizza Power Pack Cheesy Refried Beans Chilled Peaches Fresh Veggie Fresh Fruit	1 Chicken Tenders All-American Sub Sandwich Mashed Potatoes & Gravy Orange Strawberry Mix Fresh Veggie Fresh Fruit	2 Tater Tot Hotdish w/ Garlic Knot Garden Salad w/ Garlic Knot Steamed Broccoli Applesauce Fresh Veggie Fresh Fruit	3 Original or Spicy Breaded Chicken Sandwich Wowbutter & Jelly Sandwich w/ Cheese Stick Sweet Potato Fries Chilled Pears Fresh Veggie Fresh Fruit
6 French Toast Sticks w/ Scrambled Eggs Turkey Sandwich Smiley Potatoes Mandarin Oranges Fresh Veggie Fresh Fruit	7 Pasta w/ Chicken Alfredo & Garlic Breadstick Pretzel Power Pack Steamed Peas Chilled Peaches Fresh Veggie Fresh Fruit	8 All-Beef Hot Dog All-American Sub Sandwich Green Beans Mixed Berries Fresh Veggie Fresh Fruit	9 Chili w/ Soft Pretzel Breaded Chicken Salad Steamed Corn Applesauce Spring Mix Salad Fresh Fruit	10 Shrimp Poppers w/ Cheese Stick Wowbutter & Jelly Sandwich w/ Cheese Stick Baked Beans Chilled Pears Fresh Veggie Fresh Fruit
13 Italian Dunkers w/ Sauce Ham Sandwich Steamed Mixed Veggies Pineapple Tidbits Fresh Veggie Fresh Fruit	14 Soft Shell Taco Pizza Power Pack Cheesy Refried Beans Chilled Peaches Fresh Veggie Fresh Fruit	15 Boneless Chicken Wings All-American Sub Sandwich Mashed Potatoes & Gravy Orange Strawberry Mix Fresh Veggie Fresh Fruit	16 Cheese Ravioli w/ Garlic Breadstick Chef Salad Steamed Broccoli Applesauce Fresh Veggie Fresh Fruit	17 NO SCHOOL K-5
20 Cheeseburger or Hamburger Turkey Sandwich Baked Beans Mandarin Oranges Fresh Veggies Fresh Fruit	21 Pasta w/ Meat Sauce & Garlic Toast Pretzel Power Pack Steamed Corn Chilled Peaches Fresh Veggie Fresh Fruit	22 Orange Chicken w/ Brown Rice Pilaf All-American Sub Sandwich Edamame Mixed Berries Fresh Veggie Fresh Fruit	23 Ψ Turkey & Gravy over Mashed Potatoes w/ Biscuit Grilled Chicken Salad w/ Biscuit Roasted Butternut Squash Applesauce Fresh Veggie & Fruit	24 Pizza Wowbutter & Jelly Sandwich w/ Cheese Stick Green Beans Chilled Pears Fresh Veggie Fresh Fruit