



Owatonna Middle School

This institution is an equal opportunity provider

FEBRUARY 2023

LUNCH MENU

MEAL PRICES

Student: \$2.65
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 student's meal account. Students must have money in their meal account to purchase a la carte items. 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, soybeans, 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 French Toast Sticks w/ Scrambled Eggs Breakfast Potatoes Mandarin Oranges Fresh Veggie Fresh Fruit	JAN 31 Pasta w/ Chicken Alfredo & Garlic Breadstick Steamed Peas Chilled Peaches Fresh Veggie Fresh Fruit	1 All-Beef Hot Dog Green Beans Mixed Berries Fresh Veggie Fresh Fruit	2 Chili w/ Soft Pretzel Steamed Corn Applesauce Spring Mix Salad Fresh Fruit	3 Shrimp Poppers w/ Cheese Stick Baked Beans Chilled Pears Fresh Veggie Fresh Fruit
6 Cheese Filled Breadstick Bites w/ Sauce Steamed Mixed Veggies Pineapple Tidbits Fresh Veggie Fresh Fruit	7 Soft Shell Taco Cheesy Refried Beans Chilled Peaches Fresh Veggie Fresh Fruit	8 Boneless Chicken Wings w/ Dinner Roll Mashed Potatoes & Gravy Orange Strawberry Mix Fresh Veggie Fresh Fruit	9 Lasagna Rollup w/ Garlic Breadstick Steamed Broccoli Applesauce Fresh Veggie Fresh Fruit	10 Hot Turkey Ham and Cheese on a Croissant Tomato Soup Chilled Pears Fresh Veggie Fresh Fruit
13 Pizza Green Beans Mandarin Oranges Fresh Veggie Fresh Fruit	14 Pasta w/ Meat Sauce & Garlic Toast Steamed Corn Chilled Peaches Fresh Veggie Fresh Fruit	15 Orange Chicken w/ Brown Rice Pilaf Edamame Mixed Berries Fresh Veggie Fresh Fruit	16 Ψ Turkey & Gravy over Mashed Potatoes w/ Biscuit Roasted Butternut Squash Applesauce Fresh Veggie Fresh Fruit	17 Cheeseburger or Hamburger Baked Beans Chilled Pears Fresh Veggie Fresh Fruit
20 Original or Spicy Breaded Chicken Sandwich Sweet Potato Fries Pineapple Tidbits Fresh Veggie Fresh Fruit	21 Walking Tacos Cheesy Refried Beans Chilled Peaches Fresh Veggie Fresh Fruit	22 Chicken Tenders w/ Dinner Roll Mashed Potatoes & Gravy Orange Strawberry Mix Fresh Veggie Fresh Fruit	23 Tater Tot Hotdish w/ Garlic Knot Steamed Broccoli Applesauce Fresh Veggie Fresh Fruit	24 Italian Dunkers w/ Sauce Steamed Mixed Veggies Chilled Pears Fresh Veggie Fresh Fruit