

Owatonna Elementary Schools

This institution is an equal opportunity provider

SEPT 2023

LUNCH MENU

FREE MEALS FOR ALL STUDENTS

All students are eligible for 1 breakfast meal and 1 lunch meal at no cost.

COMPLETE MEAL

Students must choose at least 3 components, including ½ c fruit or vegetable, as part a complete meal.

MILK

Milk Choices: Skim or 1% White, or Skim Chocolate
Single milk purchase is \$0.55 per carton.

EDUCATIONAL BENEFITS

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

ADULT MEAL PRICES

Lunch: \$5.00

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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4

5

6

7

8

NO SCHOOL

NO SCHOOL K-8

NO SCHOOL K-5

Cheese Filled Breadstick Bites w/ Marinara Sauce
Ham Sandwich
Steamed Mixed Veggies
Chilled Peaches
Fresh Veggies
Fresh Fruit

Original or Spicy Breaded Chicken Sandwich
Creamy Chickpea & Jelly Sandwich w/ Cheese Stick
Curly Fries
Chilled Pears
Fresh Veggies
Fresh Fruit

11

12

13

14

15

French Toast Sticks w/ Scrambled Eggs
Turkey Sandwich
Smiley Potatoes
Mandarin Oranges
Fresh Veggies
Fresh Fruit

Pasta w/ Chicken Alfredo & Garlic Breadstick
Banana Rollup Power Pack
Steamed Peas
Chilled Peaches
Italian Lettuce Salad
Fresh Fruit

Orange Chicken w/ Vegetable Fried Rice
All-American Sub Sandwich
Honey Sriracha Edamame
Mixed Berries
Fresh Veggies
Fresh Fruit

Pulled Turkey Sandwich
Breaded Chicken Salad w/ Garlic Breadstick
Roasted Corn Cobette
Applesauce
Creamy Cucumber Salad
Fresh Fruit

Battered Alaskan Pollock w/ Dinner Roll
Yogurt Parfait
Seasoned Fries
Chilled Pears
Fresh Veggies
Fresh Fruit

18

19

20

21

22

Italian Dunkers w/ Marinara Sauce
Ham Sandwich
Steamed Mixed Veggies
Pineapple Tidbits
Fresh Veggies
Fresh Fruit

Beef Nachos
Pizza Power Pack
Cheesy Refried Beans
Chilled Peaches
Fresh Veggies
Fresh Fruit

All-Beef Hot Dog
All-American Sub Sandwich
Zucchini Fries
Orange Strawberry Mix
Fresh Veggies
Fresh Fruit

Garlic Parmesan Crusted Chicken w/ Garlic Breadstick
Chef Salad w/ Garlic Breadstick
Mashed Potatoes & Gravy
Applesauce
Fresh Veggies
Fresh Fruit

Hot Turkey Ham & Cheese Croissant
Creamy Chickpea & Jelly Sandwich w/ Cheese Stick
Sweet Potato Fries
Chilled Pears
Fresh Veggies
Fresh Fruit

25

26

27

28

29

Pizza
Turkey Sandwich
Glazed Carrots
Mandarin Oranges
Fresh Veggies
Fresh Fruit

Pasta w/ Meat Sauce & Garlic Toast
Bagel Power Pack
Buttery Steamed Corn
Chilled Peaches
Caesar Salad
Fresh Fruit

Orange Chicken w/ Brown Rice Pilaf
All-American Sub Sandwich
Roasted Green Beans
Pineapple Orange Mix
Fresh Veggies
Fresh Fruit

Loaded Baked Potato w/ Soft Pretzel
Chilled Chicken Salad w/ Garlic Breadstick
Roasted Broccoli
Applesauce
Fresh Veggies
Fresh Fruit

Cheeseburger or Hamburger or Veggie Burger
Yogurt Parfait
Baked Beans
Chilled Pears
Potato Salad
Fresh Fruit