

# Owatonna High School

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

**Pizza**  
Glazed Carrots  
Mandarin Oranges  
Fresh Veggies  
Fresh Fruit

**NO SCHOOL**

5

**Pizza**  
Glazed Carrots  
Mandarin Oranges  
Fresh Veggies  
Fresh Fruit

6

**Rotini Pasta w/ Meat Sauce & Garlic Toast**  
Buttery Steamed Corn  
Chilled Peaches  
Fresh Veggies  
Fresh Fruit

7

**Orange Chicken w/ Brown Rice Pilaf**  
Roasted Green Beans  
Mixed Berries  
Fresh Veggies  
Fresh Fruit

8

**Cheeseburger Hamburger Veggie Burger**  
Baked Beans  
Chilled Pears  
Potato Salad  
Fresh Fruit

11

**Garlic Cheese Bread w/ Marinara Sauce**  
Steamed Cauliflower  
Pineapple Tidbits  
Fresh Veggies  
Fresh Fruit

12

**Walking Tacos w/ Churro**  
Cheesy Refried Beans  
Chilled Peaches  
Fresh Veggies  
Fresh Fruit

13

**Boneless Chicken Wings w/ Dinner Roll**  
Mashed Potatoes & Gravy  
Orange Strawberries Mix  
Fresh Veggies  
Fresh Fruit

14

**Lasagna Rollups w/ Garlic Breadstick**  
Steamed Mixed Veggies  
Applesauce  
Fresh Veggies  
Fresh Fruit

15

**Original or Spicy Breaded Chicken Sandwich**  
Curly Fries  
Chilled Pears  
Fresh Veggies  
Fresh Fruit

18

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

19

**Pasta w/ Chicken Alfredo & Garlic Breadstick**  
Steamed Peas  
Chilled Peaches  
Italian Lettuce Salad  
Fresh Fruit

20

**Orange Chicken w/ Vegetable Fried Rice**  
Honey Sriracha Edamame  
Mixed Berries  
Fresh Veggies  
Fresh Fruit

21

**Pulled Turkey Sandwich**  
Roasted Corn Cobette  
Applesauce  
Creamy Cucumber Salad  
Fresh Veggie  
Fresh Fruit

22

**Crispy Fish Sticks w/ Dinner Roll**  
Seasoned Fries  
Chilled Pears  
Fresh Veggies  
Fresh Fruit

25

**Cheese Filled Breadstick Bites w/ Marinara Sauce**  
Steamed Mixed Veggies  
Pineapple Tidbits  
Fresh Veggies  
Fresh Fruit

26

**Chipotle Bar**  
Fiesta Beans  
Corn Bean Salsa  
Chilled Peaches  
Fresh Veggies  
Fresh Fruit

27

**All-Beef Hot Dog**  
Zucchini Fries  
Orange Strawberry Mix  
Fresh Veggies  
Fresh Fruit

28

**Garlic Parmesan Crusted Chicken w/ Garlic Knot**  
Mashed Potatoes & Gravy  
Applesauce  
Fresh Veggies  
Fresh Fruit

29

**Hot Turkey Ham & Cheese Croissant**  
Sweet Potato Fries  
Chilled Pears  
Fresh Veggies  
Fresh Fruit