

Owatonna Middle 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 NO SCHOOL	5 6th Grade Orientation Pizza 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 or Hamburger or Veggie Burger Baked Beans Chilled Pears Potato Salad Fresh Fruit
11 Cheese Filled Breadstick Bites w/ Marinara Sauce Steamed Cauliflower Pineapple Tidbits Fresh Veggies Fresh Fruit	12 Walking Tacos 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 Rollup w/ Garlic Breadstick Steamed Mixed Veggies Applesauce Fresh Veggie 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 Fruit	22 Crispy Fish Sticks w/ Dinner Roll Seasoned Fries Chilled Pears Fresh Veggies Fresh Fruit
25 Italian Dunkers 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 Breadstick Mashed Potatoes & Gravy Applesauce Fresh Veggies Fresh Fruit	29 Hot Turkey Ham & Cheese Croissant Sweet Potato Fries Chilled Pears Fresh Veggies Fresh Fruit