

# Owatonna Middle School

This institution is an equal opportunity provider

# OCTOBER 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

<b>Pizza</b> <sup>2</sup> Glazed Carrots Mandarin Oranges Fresh Veggies Fresh Fruit	<b>Rotini Pasta w/ Meat Sauce &amp; Garlic Toast</b> <sup>3</sup> Buttery Steamed Corn Chilled Peaches Caesar Salad Fresh Fruit	<b>Orange Chicken w/ Brown Rice Pilaf</b> <sup>4</sup> Roasted Green Beans Pineapple Orange Mix Fresh Veggies Fresh Fruit	<b>Loaded Baked Potato w/ Soft Pretzel</b> <sup>5</sup> Roasted Broccoli Applesauce Fresh Veggies Fresh Fruit	<b>Cheeseburger or Hamburger or Veggie Burger</b> <sup>6</sup> Baked Beans Chilled Pears Potato Salad Fresh Fruit
<b>Cheese Filled Breadstick Bites w/ Marinara Sauce</b> <sup>9</sup> Steamed Cauliflower Pineapple Tidbits Fresh Veggies Fresh Fruit	<b>Walking Tacos</b> <sup>10</sup> Cheesy Refried Beans Chilled Peaches Fresh Veggies Fresh Fruit	<b>Boneless Chicken Wings w/ Dinner Roll</b> <sup>11</sup> Mashed Potatoes & Gravy Orange Strawberries Mix Fresh Veggies Fresh Fruit	<b>Lasagna Rollup w/ Garlic Breadstick</b> <sup>12</sup> Steamed Mixed Veggies Applesauce Fresh Veggie Fresh Fruit	<b>Original or Spicy Breaded Chicken Sandwich</b> <sup>13</sup> Curly Fries Chilled Pears Fresh Veggies Fresh Fruit
<b>French Toast Sticks w/ Scrambled Eggs</b> <sup>16</sup> Smiley Potatoes Mandarin Oranges Fresh Veggies Fresh Fruit	<b>Penne Pasta w/ Chicken Alfredo &amp; Garlic Breadstick</b> <sup>17</sup> Steamed Peas Chilled Peaches Italian Lettuce Salad Fresh Fruit	<b>Beef &amp; Broccoli Stir Fry w/ Vegetable Fried Rice</b> <sup>18</sup> Honey Sriracha Edamame Mixed Berries Fresh Veggies Fresh Fruit	<b>NO SCHOOL</b> <sup>19</sup>	<b>NO SCHOOL</b> <sup>20</sup>
<b>Italian Dunkers w/ Marinara Sauce</b> <sup>23</sup> Steamed Mixed Veggies Pineapple Tidbits Fresh Veggies Fresh Fruit	<b>Chipotle Bar</b> <sup>24</sup> Fiesta Beans Corn Bean Salsa Chilled Peaches Fresh Veggies Fresh Fruit	<b>All-Beef Hot Dog</b> <sup>25</sup> Zucchini Fries Orange Strawberry Mix Fresh Veggies Fresh Fruit	<b>Garlic Parmesan Crusted Chicken w/ Garlic Breadstick</b> <sup>26</sup> Mashed Potatoes & Gravy Applesauce Fresh Veggies Fresh Fruit	<b>Hot Turkey Ham &amp; Cheese Croissant</b> <sup>27</sup> Sweet Potato Fries Chilled Pears Fresh Veggies Fresh Fruit