

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