

# Owatonna Elementary Schools

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

3

4

5

6

**Cheese Filled Breadstick Bites w/ Marinara Sauce**  
**Ham Sandwich**  
Steamed Cauliflower  
Pineapple Tidbits  
Fresh Veggies  
Fresh Fruit

**Walking Tacos**  
**Pizza Power Pack**  
Cheesy Refried Beans  
Chilled Peaches  
Fresh Veggies  
Fresh Fruit

**Boneless Chicken Wings**  
**All-American Sub Sandwich**  
Mashed Potatoes & Gravy  
Orange Strawberry Mix  
Fresh Veggies  
Fresh Fruit

**Lasagna Rollup w/ Garlic Breadstick**  
**Chef Salad w/ Garlic Breadstick**  
Steamed Mixed Veggies  
Applesauce  
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

9

10

11

12

13

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

**Penne Pasta w/ Chicken Alfredo & Garlic Breadstick**  
**Banana Rollup w/ Yogurt Cup**  
Steamed Peas  
Chilled Peaches  
Italian Lettuce Salad  
Fresh Fruit

**Beef & Broccoli Stir Fry 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

16

17

18

19

20

**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

NO SCHOOL

NO SCHOOL

23

24

25

26

27

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

**Rotini 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