

Owatonna Middle School

This institution is an equal opportunity provider

DECEMBER 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
NOV 27	NOV 28	NOV 29	NOV 30	1
Pizza Steamed Green Beans Mandarin Oranges Fresh Veggies Fresh Fruit	Rotini Pasta w/ Meat Sauce & Garlic Toast Buttery Steamed Corn Chilled Peaches Caesar Salad Fresh Fruit	Orange Chicken w/ Brown Rice Pilaf Steamed Broccoli Pineapple Orange Mix Fresh Veggies Fresh Fruit	Chicken & Biscuits Roasted Brussels Sprouts Applesauce Fresh Veggies Fresh Fruit	Cheeseburger or Hamburger or Veggie Burger Baked Beans Chilled Pears Potato Salad Fresh Fruit
4	5	6	7	8
Cheese Filled Breadstick Bites w/ Marinara Sauce Steamed Mixed Veggies Pineapple Tidbits Fresh Veggies Fresh Fruit	Walking Tacos Cheesy Refried Beans Chilled Peaches Fresh Veggies Fresh Fruit	Boneless Chicken Wings w/ Dinner Roll Mashed Potatoes & Gravy Orange Strawberry Mix Fresh Veggies Fresh Fruit	White Chili w/ Garlic Breadstick Glazed Carrots Applesauce Fresh Veggies Fresh Fruit	Original or Spicy Breaded Chicken Sandwich Curly Fries Chilled Pears Fresh Veggies Fresh Fruit
11	12	13	14	15
French Toast Sticks w/ Cheesy Omelet Smiley Potatoes Mandarin Oranges Fresh Veggies Fresh Fruit	Penne Pasta w/ Chicken Alfredo & Garlic Breadstick Steamed Broccoli Chilled Peaches Italian Lettuce Salad Fresh Fruit	Chana Masala w/ Brown Rice Pilaf Steamed Edamame Mixed Berries Fresh Veggies Fresh Fruit	Beef Chili w/ Soft Pretzel Buttery Steamed Corn Baked Cinnamon Apples Fresh Veggies Fresh Fruit	Fish Sticks Sweet Potato Fries Chilled Pears Coleslaw Fresh Fruit
18	19	20	21	22
Garlic Cheese Bread w/ Marinara Sauce Steamed Peas Pineapple Tidbits Fresh Veggies Fresh Fruit	Chipotle Bar Fiesta Beans Corn Bean Salsa Chilled Peaches Fresh Veggies Fresh Fruit	Mini Corn Dogs Roasted Sweet Potatoes Orange Strawberry Mix Fresh Veggies Fresh Fruit	Turkey & Gravy over Mashed Potatoes w/ Biscuit Applesauce Fresh Veggies Fresh Fruit	Grilled Cheese Sandwich Tomato Soup Chilled Pears Fresh Veggie Fresh Fruit