

# Owatonna Middle School

This institution is an equal opportunity provider

## MONDAY

JAN 29

**Pizza**  
Steamed Green Beans  
Mandarin Oranges  
Fresh Veggies  
Fresh Fruit

## TUESDAY

JAN 30

**Rotini Pasta w/ Meat Sauce & Garlic Toast**  
Buttery Steamed Corn  
Chilled Peaches  
Caesar Salad  
Fresh Fruit

## WEDNESDAY

JAN 31

**Orange Chicken w/ Brown Rice Pilaf**  
Steamed Broccoli  
Pineapple Orange Mix  
Fresh Veggies  
Fresh Fruit

## THURSDAY

1

**Turkey & Gravy over Mashed Potatoes w/ Dinner Roll**  
Applesauce  
Fresh Veggies  
Fresh Fruit

## FRIDAY

2

**Cheeseburger or Hamburger or Veggie Burger**  
Baked Beans  
Chilled Pears  
Potato Salad  
Fresh Fruit

5

**Cheese Filled Breadstick Bites w/ Marinara Sauce**  
Steamed Peas  
Pineapple Tidbits  
Fresh Veggies  
Fresh Fruit

6

**Walking Tacos**  
Cheesy Refried Beans  
Chilled Peaches  
Fresh Veggies  
Fresh Fruit

7

**Boneless Chicken Wings w/ Dinner Roll**  
Mashed Potatoes & Gravy  
Orange Strawberry Mix  
Fresh Veggies  
Fresh Fruit

8

**White Chicken Chili w/ Garlic Breadstick**  
Glazed Carrots  
Applesauce  
Fresh Veggies  
Fresh Fruit

9

**Original or Spicy Breaded Chicken Sandwich**  
Curly Fries  
Chilled Pears  
Fresh Veggies  
Fresh Fruit

12

**French Toast Sticks w/ Cheesy Omelet**  
Smiley Potatoes  
Mandarin Oranges  
Fresh Veggies  
Fresh Fruit

13

**Penne Pasta w/ Chicken Alfredo & Garlic Breadstick**  
Steamed Broccoli  
Chilled Peaches  
Italian Lettuce Salad  
Fresh Fruit

14

**Chana Masala w/ Brown Rice Pilaf**  
**Orange Chicken w/ Brown Rice Pilaf**  
Steamed Edamame  
Mixed Berries  
Fresh Veggies  
Fresh Fruit

15

**Beef Chili w/ Soft Pretzel**  
Buttery Steamed Corn  
Baked Cinnamon Apples  
Fresh Veggies  
Fresh Fruit

16

**Shrimp Poppers w/ Garlic Cheese Bread**  
Sweet Potato Fries  
Chilled Pears  
Coleslaw  
Fresh Fruit

19

**NO SCHOOL**

20

**Mini Corn Dogs**  
Roasted Sweet Potatoes  
Chilled Peaches  
Fresh Veggies  
Fresh Fruit

21

**Chipotle Bar**  
Fiesta Beans  
Corn Bean Salsa  
Fruit Cup  
Fresh Veggies  
Fresh Fruit

22

**Chicken & Biscuits**  
Roasted Brussel Sprouts  
Applesauce  
Fresh Veggies  
Fresh Fruit

23

**Grilled Cheese Sandwich**  
Tomato Soup  
Chilled Pears  
Fresh Veggie  
Fresh Fruit

# FEBRUARY 2024

## 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.