

Owatonna Middle School

This institution is an equal opportunity provider

APRIL 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pizza Steamed Mixed Veggies Fresh Veggies Mandarin Oranges Fresh Fruit	2 Penne Pasta w/ Chicken Alfredo & Garlic Breadstick Steamed Peas Fresh Veggies Chilled Peaches Fresh Fruit	3 Orange Chicken w/ Brown Rice Pilaf Steamed Broccoli Fresh Veggies Mixed Berries Fresh Fruit	4 Sloppy Joe Roasted Corn Cobette Creamy Cucumber Salad Applesauce Fresh Fruit JonnyPops Freezer Pop	5 Cheeseburger or Hamburger or Veggie Burger Baked Beans Potato Salad Chilled Pears Fresh Fruit
8 Cheese Filled Breadstick Bites w/ Marinara Sauce Glazed Carrots Caesar Salad Pineapple Tidbits Fresh Fruit	9 Walking Tacos Cheesy Refried Beans Fresh Veggies Chilled Peaches Fresh Fruit	10 Boneless Chicken Wings w/ Dinner Roll Mashed Potatoes & Gravy Fresh Veggies Orange Strawberry Mix Fresh Fruit	11 BBQ Little Smokies w/ Mac & Cheese Steamed Green Beans Fresh Veggies Applesauce Fresh Fruit JonnyPop	12 Original or Spicy Breaded Chicken Sandwich Curly Fries Fresh Veggies Chilled Pears Fresh Fruit
15 French Toast Sticks w/ Cheesy Omelet Smiley Potatoes Fresh Veggies Mandarin Oranges Fresh Fruit	16 Rotini Pasta w/ Meat Sauce & Garlic Toast Buttery Steamed Corn Fresh Veggies Chilled Peaches Fresh Fruit	17 Chicken Lo Mein Honey Sriracha Edamame Fresh Veggies Pineapple Orange Mix Fresh Fruit Fortune Cookie	18 Loaded Baked Potato w/ Soft Pretzel Steamed Broccoli Fresh Veggies Applesauce Fresh Fruit	19 Garlic Parmesan Crusted Cod w/ Dinner Roll or Hamburger or Cheeseburger Seasoned Fries Italian Lettuce Salad Chilled Pears Fresh Fruit
22 Italian Dunkers w/ Marinara Sauce Oven Roasted Asparagus Fresh Veggies Pineapple Tidbits Fresh Fruit	23 Chipotle Bar Fiesta Beans Corn Bean Salsa Fresh Veggies Chilled Peaches Fresh Fruit	24 Corn Dog Jicama Fries Fresh Veggies Baked Cinnamon Apples Fresh Fruit Gel Fruit Cup	25 Lasagna Rollup w/ Garlic Breadstick Steamed Green Beans Fresh Veggies Applesauce Fresh Fruit	26 Philly Cheesesteak Sweet Potato Fries Peppers & Onions Fresh Veggies Chilled Pears Fresh Fruit