

Owatonna High 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

2

3

4

5

Pizza
Steamed Mixed Veggies
Fresh Veggies
Mandarin Oranges
Fresh Fruit

**Penne Pasta w/
Chicken Alfredo &
Garlic Breadstick**
Steamed Peas
Fresh Veggies
Chilled Peaches
Fresh Fruit

**Orange Chicken
w/ Brown Rice Pilaf**
Steamed Broccoli
Fresh Veggies
Mixed Berries
Fresh Fruit

Sloppy Joe
Roasted Corn Cobette
Creamy Cucumber Salad
Fresh Veggies
Applesauce
Fresh Fruit
JonnyPops Freezer Pop

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

8

9

10

11

12

**Italian Dunkers
w/ Marinara Sauce**
Glazed Carrots
Caesar Salad
Pineapple Tidbits
Fresh Fruit

Walking Tacos w/ Churro
Cheesy Refried Beans
Fresh Veggies
Chilled Peaches
Fresh Fruit

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

**BBQ Little Smokies
w/ Mac & Cheese &
Garlic Breadstick**
Steamed Green Beans
Fresh Veggies
Applesauce
Fresh Fruit
JonnyPop

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

15

16

17

18

19

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

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

Chicken Lo Mein
Honey Sriracha Edamame
Fresh Veggies
Pineapple Orange Mix
Fresh Fruit
Fortune Cookie

**Loaded Baked Potato
w/ Soft Pretzel**
Steamed Broccoli
Fresh Veggies
Applesauce
Fresh Fruit

**Garlic Parmesan Crusted
Cod w/ Garlic Knot or
Hamburger or
Cheeseburger**
Seasoned Fries
Italian Lettuce Salad
Chilled Pears
Fresh Fruit

22

23

24

25

26

**Cheese Filled Breadstick
Bites w/ Marinara Sauce**
Oven Roasted Asparagus
Fresh Veggies
Pineapple Tidbits
Fresh Fruit

Chipotle Bar
Fiesta Beans
Corn Bean Salsa
Fresh Veggies
Chilled Peaches
Fresh Fruit

Corn Dog
Jicama Fries
Fresh Veggies
Baked Cinnamon Apples
Fresh Fruit
Gel Fruit Cup

**Lasagna Rollup
w/ Garlic Breadstick**
Steamed Green Beans
Fresh Veggies
Applesauce
Fresh Fruit

Philly Cheesesteak
Sweet Potato Fries
Peppers & Onions
Fresh Veggies
Chilled Pears
Fresh Fruit