

Owatonna Middle School

This institution is an equal opportunity provider

MAY 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

APRIL 29

Pizza
Steamed Mixed Veggies
Mandarin Oranges
Caesar Salad
Fresh Fruit

TUESDAY

APRIL 30

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

WEDNESDAY

1

Orange Chicken w/ Vegetable Fried Rice
Steamed Broccoli
Mixed Berries
Fresh Veggies
Fresh Fruit

THURSDAY

2

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

FRIDAY

SCHOOL LUNCH HERO DAY 3

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

6

Cheese Filled Breadstick Bites w/ Marinara Sauce
Glazed Carrots
Pineapple Tidbits
Caesar Salad
Fresh Fruit

7

Walking Tacos
Cheesy Refried Beans
Chilled Peaches
Fresh Veggies
Fresh Fruit

8

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

9

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

10

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

13

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

14

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

15

Chicken Lo Mein w/ Chicken Egg Roll
Honey Sriracha Edamame
Pineapple Orange Mix
Fresh Veggies
Fresh Fruit
Fortune Cookie

16

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

17

Garlic Parmesan Crusted Cod w/ Dinner Roll or Hamburger or Cheeseburger
Steamed California Blend Veggies
Chilled Pears & Fresh Fruit
Italian Lettuce Salad

20

Italian Dunkers w/ Marinara Sauce
Steamed Peas
Pineapple Tidbits
Fresh Veggies
Fresh Fruit

21

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

22

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

23

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

24

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