

# Owatonna High 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/ Brown Rice Pilaf**  
Steamed Broccoli  
Mixed Berries  
Fresh Veggies  
Fresh Fruit

#### THURSDAY

2

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

#### FRIDAY

3

**SCHOOL LUNCH HERO DAY**

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

6

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

7

**Walking Tacos w/ Churro**  
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 & Garlic Breadstick**  
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

**Cheese Filled Breadstick Bites 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