

Owatonna Middle School

This institution is an equal opportunity provider

SEPT 2024 LUNCH MENU

FREE MEALS FOR ALL STUDENTS

All students are eligible for 1 breakfast meal and 1 lunch meal at no cost.

An alternative entree or boxed salad is also available for a reimbursable lunch.

COMPLETE MEAL

Students must choose at least 3 components, including ½ c fruit or vegetable, as part of 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 507-444-8607 with special diet related inquiries.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| 2 NO SCHOOL | 3 <u>6th Orientation Only</u> Big Daddy's Pizza Buttery Steamed Corn Mandarin Oranges Fresh Fruits Fresh Veggies | 4 Rotini Pasta w/ Meat Sauce & Garlic Toast Glazed Carrot Coins Applesauce Fresh Fruits Fresh Veggies | 5 Mini Corn Dogs Baked Beans Mixed Berries Fresh Fruits Fresh Veggies Fresh Baked Cookie | 6 Original or Spicy Breaded Chicken Sandwich Curly Fries Chilled Pears Fresh Fruits Fresh Veggies |
| 9 Bosco Sticks w/ Marinara Sauce Buttery Steamed Corn Pineapple Tidbits Fresh Fruits Fresh Veggies | 10 Walking Taco Cheesy Refried Beans Chilled Peaches Fresh Fruits Fresh Veggies Jonny Pop | 11 Boneless Chicken Wings w/ Dinner Roll & Gravy Mashed Potatoes & Gravy Orange-Strawberry Mix Fresh Fruits Fresh Veggies | 12 Lasagna Roll-Up w/ Garlic Breadstick Steamed Mixed Veggies Fresh Spinach Salad Applesauce Fresh Fruits | 13 Hot Turkey-Ham & Cheese Croissant Sandwich Sweet Potato Fries Chilled Pears Fresh Fruits Fresh Veggies |
| 16 French Toast Sticks w/ Scrambled Eggs Baby Roasters Mandarin Oranges Fresh Fruits Fresh Veggies | 17 Penne Pasta w/ Chicken Alfredo & Breadstick Steamed Peas Chilled Peaches Fresh Fruits Fresh Veggies | 18 All-Beef Hot Dog Baked Beans Bag of Chips Mixed Berries Fresh Fruits Fresh Veggies | 19 Garlic Parmesan Chicken w/ Pretzel & Cheese Sauce Steamed Broccoli Applesauce Fresh Fruits Fresh Veggies | 20 Pizza Grilled Cheese w/ Marinara Sauce Glazed Baby Carrots Italian Lettuce Salad Chilled Pears Fresh Fruits |
| 23 Garlic Cheese Bread w/ Marinara Sauce Roasted Green Beans Pineapple Tidbits Fresh Fruits Fresh Veggies | 24 Chipotle Bar - Chicken or Beef Cheesy Refried Beans Chilled Peaches Fresh Fruits Fresh Veggies | 25 Chicken Tenders w/ Brown Rice Pilaf Steamed Cal Blend Veggies Orange-Strawberry Mix Fresh Fruits Fresh Veggies | 26 Shredded Beef Sandwich Mashed Potatoes & Gravy Applesauce Fresh Fruits Fresh Veggies | 27 Hamburger or Cheeseburger Seasoned Straight Fries Chilled Pears Fresh Fruits Fresh Veggies |