

Owatonna Middle School

This institution is an equal opportunity provider

SEPT 2025

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: \$5.25

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
1 NO SCHOOL	2 <i>6th Grade Orientation</i> Big Daddy's Pizza Buttery Steamed Corn Pineapple Tidbits Fresh Veggies Fresh Fruit	3 Chicken Tenders w/ Dinner Roll Mashed Potatoes & Gravy Mixed Berries Fresh Veggies Fresh Fruit	4 Mini Corn Dogs Baked Beans Applesauce Fresh Veggies Fresh Fruit Fresh Baked Cookie	5 Original or Spicy Brd Chicken Sandwich Sweet Potato Fries Chilled Pears Fresh Veggies Fresh Fruit
8 Garlic Cheese Bread w/ Marinara Sauce Roasted Green Beans Pineapple Tidbits Fresh Veggies Fresh Fruit	9 Chicken Chipotle Bar Fiesta Black Beans Chilled Peaches Fresh Veggies Fresh Fruit	10 Pancakes w/ Cheese Omelet Breakfast Potatoes Orange-Strawberry Mix Fresh Veggies Fresh Fruit	11 Pulled Pork Sandwich Steamed California Blend Veggies Applesauce Fresh Veggies Fresh Fruit	12 Hot Turkey-Ham & Cheese on Croissant Curly Fries Chilled Pears Fresh Veggies Fresh Fruit
15 Pizza Buttery Steamed Corn Caesar Salad Mandarin Oranges Fresh Fruit	16 Rotini Pasta w/ Meat Sauce & Garlic Toast Steamed Carrots Chilled Peaches Fresh Veggies Fresh Fruit	17 All-Beef Hot Dog Baked Beans Pineapple-Orange Mix Fresh Veggies Fresh Fruit Jonny Pop	18 Sweet & Sour Chicken w/ Brown Rice Pilaf Steamed Broccoli Cinnamon Applesauce Fresh Veggies Fresh Fruit	19 Cheeseburger or Hamburger Fresh Veggies Fresh Fruit Cup of Fruit Bag of Cookies
22 Bosco Sticks w/ Marinara Sauce Steamed Mixed Veggies Pineapple Tidbits Fresh Veggies Fresh Fruit	23 Walking Taco Cheesy Refried Beans Chilled Peaches Fresh Veggies Fresh Fruit	24 Boneless Chicken Wings w/ Dinner Roll Mashed Potatoes & Gravy Fruit Cocktail Fresh Veggies Fresh Fruit	25 Cheese Tortellini w/ Garlic Breadstick Steamed Green Beans Applesauce Fresh Veggies Fresh Fruit	26 Original or Spicy Brd Chicken Sandwich Glazed Baby Carrots Fresh Veggies Chilled Pears Fresh Fruit