

Owatonna Middle School

This institution is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPT 28	SEPT 29	SEPT 30	1	2
Pizza Steamed Corn Caesar Salad Mandarin Oranges Fresh Fruit	Rotini Pasta w/ Meat Sauce & Garlic Toast Steamed Carrots Fresh Veggies Chilled Peaches Fresh Fruit	Mini Corn Dogs Crinkle Cut Fries Fresh Veggies Pineapple-Orange Mix Fresh Fruit	Baked Potato Bar w/ Pretzel Steamed Broccoli Fresh Veggies Applesauce Fresh Fruit	Cheeseburger or Hamburger Fresh Veggies Fresh Fruit Homecoming Treat
5	6	7	8	9
Bosco Sticks w/ Marinara Sauce Steamed Mixed Veggies Fresh Veggies Pineapple Tidbits Fresh Fruit	Chipotle Bar - Beef Cheesy Refried Beans Fresh Veggies Chilled Peaches Fresh Fruit	Boneless Chicken Wings w/ Dinner Roll Mashed Potatoes & Gravy Fresh Veggies Blueberries Fresh Fruit	Pulled Pork Sandwich w/ Mac & Cheese Steamed Green Beans Fresh Veggies Applesauce Fresh Fruit	Original or Spicy Brd Chicken Sandwich Glazed Baby Carrots Fresh Veggies Chilled Pears Fresh Fruit
12	13	14	15	16
French Toast Sticks w/ Cheesy Omelet Breakfast Potatoes Fresh Veggies Mandarin Oranges Fresh Fruit	Penne Pasta w/ Chicken Alfredo & Garlic Breadstick Steamed Peas Fresh Veggies Chilled Peaches Fresh Fruit	All-Beef Hot Dog Bag of Chips Baked Beans Fresh Veggies Mixed Berries Fresh Fruit	NO SCHOOL	NO SCHOOL
19	20	21	22	23
Garlic Cheese Bread w/ Marinara Sauce Roasted Green Beans Fresh Veggies Pineapple Tidbits Fresh Fruit	Walking Taco Cheesy Refried Beans Fresh Veggies Chilled Peaches Fresh Fruit	Chicken Tenders w/ Dinner Roll Seasoned Straight Fries Fresh Veggies Orange-Strawberry Mix Fresh Fruit	Orange Chicken w/ Brown Rice Pilaf Steamed California Blend Veggies Fresh Veggies Applesauce Fresh Fruit Fortune Cookie	Hot Turkey-Ham & Cheese Sandwich Tater Tots Fresh Veggies Chilled Pears Fresh Fruit

OCTOBER 2026

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 \$0.60 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: \$5.50

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