

# Owatonna Middle School

This institution is an equal opportunity provider

## NOVEMBER 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

#### MONDAY

OCT 26

#### Pizza

Steamed Corn  
Caesar Salad  
Mandarin Oranges  
Fresh Fruit

#### TUESDAY

OCT 27

#### Rotini Pasta w/ Meat Sauce & Garlic Toast

Steamed Carrots  
Fresh Veggies  
Chilled Peaches  
Fresh Fruit

#### WEDNESDAY

OCT 28

#### Mini Corn Dogs

Crinkle Cut Fries  
Fresh Veggies  
Pineapple-Orange Mix  
Fresh Fruit

#### THURSDAY

OCT 29

#### Baked Potato Bar w/ Pretzel

Steamed Broccoli  
Fresh Veggies  
Applesauce  
Fresh Fruit

#### FRIDAY

OCT 30

#### Cheeseburger or Hamburger

Baked Beans  
Coleslaw  
Chilled Pears  
Fresh Fruit  
Fresh Baked Cookie

2

NO SCHOOL

3

#### Bosco Sticks w/ Marinara Sauce

Steamed Mixed Veggies  
Fresh Veggies  
Pineapple Tidbits  
Fresh Fruit

4

#### Boneless Chicken Wings w/ Dinner Roll

Mashed Potatoes & Gravy  
Fresh Veggies  
Blueberries  
Fresh Fruit

5

#### Pulled Pork Sandwich Mac & Cheese

Steamed Green Beans  
Fresh Veggies  
Applesauce  
Fresh Fruit

6

#### Original or Spicy Brd Chicken Sandwich

Glazed Baby Carrots  
Fresh Veggies  
Chilled Pears  
Fresh Fruit

9

#### French Toast Sticks w/ Cheesy Omelet

Breakfast Potatoes  
Fresh Veggies  
Mandarin Oranges  
Fresh Fruit

10

#### Penne Pasta w/ Chicken Alfredo & Garlic Breadstick

Steamed Peas  
Fresh Veggies  
Chilled Peaches  
Fresh Fruit

11

#### All-Beef Hot Dog

Bag of Chips  
Baked Beans  
Fresh Veggies  
Mixed Berries  
Fresh Fruit

12

#### Garlic Parmesan Crusted Chicken w/ Dinner Roll

Steamed Corn  
Fresh Veggies  
Cinnamon Applesauce  
Fresh Fruit

13

#### Deluxe Grilled Cheese Sandwich

Tomato Soup &  
Goldfish Crackers  
Italian Lettuce Salad  
Chilled Pears  
Fresh Fruit

16

#### Garlic Cheese Bread w/ Marinara Sauce

Roasted Green Beans  
Fresh Veggies  
Pineapple Tidbits  
Fresh Fruit

17

#### Walking Taco

Cheesy Refried Beans  
Fresh Veggies  
Chilled Peaches  
Fresh Fruit

18

#### Chicken Tenders w/ Dinner Roll

California Blend Veggies  
Fresh Veggies  
Orange-Strawberry Mix  
Fresh Fruit

19

#### Turkey & Gravy over Mashed Potatoes w/ Dinner Roll

Glazed Baby Carrots  
Cranberries  
Fresh Fruit  
Pumpkin Bar

20

#### Hot Turkey-Ham & Cheese Sandwich

Tater Tots  
Fresh Veggies  
Chilled Pears  
Fresh Fruit