

# Owatonna Education Center Pre-K / Care

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.

#### COMPLETE MEAL

Students must choose at least 3 components as part of a complete meal.

All Lunches served with Milk:  
1% Milk, 6 fl oz

#### 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                                                                                                   |
|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>OCT 26</b>                                                                                 | <b>OCT 27</b>                                                                                            | <b>OCT 28</b>                                                           | <b>OCT 29</b>                                                                                                                          | <b>OCT 30</b>                                                                                            |
| <b>Pizza</b><br>Steamed Corn<br>Fresh Fruit                                                   | <b>Rotini Pasta</b><br><b>Meat Sauce</b><br>Steamed Carrots<br>Chilled Peaches                           | <b>Corn Dog</b><br>Crinkle Cut Fries<br>Fresh Fruit                     | <b>Baked Potato</b><br><b>Cheese Sauce</b><br><b>Dinner Roll</b><br>Steamed Broccoli<br>Applesauce                                     | <b>Cheeseburger</b><br>Baked Beans<br>Fresh Fruit                                                        |
| <b>2</b>                                                                                      | <b>3</b>                                                                                                 | <b>4</b>                                                                | <b>5</b>                                                                                                                               | <b>6</b>                                                                                                 |
| <b>NO SCHOOL</b>                                                                              | <b>Bosco Sticks</b><br><b>w/ GoGurt</b><br><b>Marinara Sauce</b><br>Steamed Mixed Veggies<br>Fresh Fruit | <b>Boneless Chicken Wings</b><br>Mashed Potatoes & Gravy<br>Blueberries | <b>Turkey Sandwich</b><br>Steamed Green Beans<br>Applesauce                                                                            | <b>Original Breaded Chicken Sandwich</b><br><b>w/ Cheese Stick</b><br>Glazed Baby Carrots<br>Fresh Fruit |
| <b>9</b>                                                                                      | <b>10</b>                                                                                                | <b>11</b>                                                               | <b>12</b>                                                                                                                              | <b>13</b>                                                                                                |
| <b>French Toast Sticks</b><br><b>Cheesy Omelet</b><br>Breakfast Potatoes<br>Mandarin Oranges  | <b>Penne Pasta</b><br><b>Chicken Alfredo</b><br>Steamed Peas<br>Fresh Fruit                              | <b>All-Beef Hot Dog</b><br>Baked Beans<br>Mixed Berries                 | <b>Garlic Parmesan Crusted Chicken</b><br><b>w/ Dinner Roll</b><br>Steamed Corn<br>Fresh Veggies<br>Cinnamon Applesauce<br>Fresh Fruit | <b>Grilled Cheese Sandwich</b><br><b>w/ GoGurt</b><br>Tomato Soup<br>Chilled Pears                       |
| <b>16</b>                                                                                     | <b>17</b>                                                                                                | <b>18</b>                                                               | <b>19</b>                                                                                                                              | <b>20</b>                                                                                                |
| <b>Cheesy Pull-Apart</b><br><b>Marinara Sauce</b><br>Roasted Green Beans<br>Pineapple Tidbits | <b>Beef Soft Shell Taco</b><br>Cheesy Refried Beans<br>Chilled Peaches                                   | <b>Chicken Tenders</b><br>Mashed Potatoes & Gravy<br>Fresh Fruit        | <b>Orange Chicken</b><br><b>Brown Rice Pilaf</b><br>Steamed California Blend Veggies<br>Applesauce                                     | <b>Hot Turkey-Ham &amp; Cheese on Croissant</b><br>Straight Fries<br>Fresh Fruit                         |