### SUMMER MENU JULY - AUG 2020

We will be providing free meal pick up Monday - Thursday from June 5th to **August 6th** for all children ages 1 - 18 years old.

> PICK UP TIME 11:30 am - 12:30 pm

LOCATIONS Owatonna Middle School 500 15th St NE

McKinley Elementary School 1050 22nd St NE

### BUNDLED MEALS

Monday - Wednesday Bundled meals will include: 1 Breakfast & 1 Lunch

Thursday Bundled meals will include: 2 Breakfast & 2 Lunch

#### **ALLERGY INFORMATION**

This menu contains one or more of the following ingredients: milk, eggs, soybeans, fish, shellfish, and/or wheat. Please contact 507-444-8629 with special diet related inquiries.



Nutrition Services: 507-444-8616

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# JULY

MON	TUE	WED	THU	FRI
Assorted Cereal 27 Cheese Stick Raisins or Craisins Ψ Low Fat or Fat Free Milk Chicken Tenders Mashed Potatoes & Gravy Fruit	Annie's Bunny28Grahams & YogurtFresh FruitΨ Low Fat or Fat Free MilkTaco SaladCheesy Refried BeansShredded Lettuce	Cook's Choice29Juice CupΨ Low Fat or Fat Free MilkTwisted Cheese FilledBreadsticks w/ SauceFresh Veggie	Assorted Cereal 30 Cheese Stick Applesauce Cup Ψ Low Fat or Fat Free Milk Fish Sticks Coleslaw Fruit	Breakfast Bar Roasted Sunflower Seeds Fresh Fruit Ψ Low Fat or Fat Free Milk Yogurt Parfait OR Ranch Chicken Wrap Fresh Veggie
Ψ Low Fat or Fat Free Milk	Fruit Ψ Low Fat or Fat Free Milk	Fruit Ψ Low Fat or Fat Free Milk	Ψ Low Fat or Fat Free Milk	Fruit Ψ Low Fat or Fat Free Milk

## AUGUST

MON	TUE	WED	тни	FRI
Assorted Cereal3Cheese StickFruit BowlΨ Low Fat or Fat Free MilkΨ All-Beef Hot DogBaked BeansFruitΨ Low Fat or Fat Free Milk	Scooby Doo4Crackers & YogurtFresh FruitΨ Low Fat or Fat Free MilkPasta w/ ChickenAlfredoPeasFruitΨ Low Fat or Fat Free Milk	Mini Cinnis5Juice CupΨ Low Fat or Fat Free MilkHot Turkey Ham andCheese on a Pretzel BunFresh VeggieFruitΨ Low Fat or Fat Free Milk	Assorted Cereal6Cheese StickApplesauce CupΨ Low Fat or Fat Free MilkCheeseburgerFresh VeggieFruitΨ Low Fat or Fat Free Milk	<b>Cook's Choice</b> Fresh Fruit Ψ Low Fat or Fat Free Milk <b>Cook's Choice Sandwich</b> Fresh Veggie Fruit Ψ Low Fat or Fat Free Milk

#### ADULT MEALS

Adults are welcome to purchase a single day bundled meal for \$7.00 Monday-Wednesday and a two day bundled meal for \$14.00 on Thursday. Exact change required. Must take the entire bundled meal.

 $\Psi$  Farm to School or Local Product

This menu is subject to change based on product availability.