



FEBRUARY 2025

Heron Lake Okabena 330

A Ham Sandwich substitute is offered daily in place of Main Entree

Monday

Walking Tacos **3**
Corn
Bread
Veggie Bar/Fruit
Milk

Hot Ham N Cheese **10**
Steamed Carrots
Veggie Bar/Fruit
Milk

17
No School

Shrimp Poppers **24**
Baked Beans
Bread
Veggie Bar/Fruit
Milk

Tuesday

Hamburger **4**
Fries
Veggie Bar/Fruit
Milk

Chicken Lo Mein **11**
Roasted Broccoli
Bread
Veggie Bar/Fruit
Milk

Grilled Cheese **18**
Tomato Soup
Green Beans
Veggie Bar/Fruit
Milk

Popcorn Chicken Bowl **25**
Corn
Bread
Veggie Bar/Fruit
Milk

Wednesday

Corn Dog **5**
Baked Beans
Veggie Bar/Fruit
Milk

Chicken Patty on Bun **12**
Sweet Potato Fries
Veggie Bar/Fruit
Milk

Potato Oles **19**
Corn
Bread
Veggie Bar/Fruit
Milk

Meatball Sub **26**
Green Beans
Veggie Bar/Fruit
Milk

Thursday

Chicken Alfredo Penne **6**
Roasted Broccoli
Garlic Toast
Veggie Bar/Fruit
Milk

Lasagna **13**
Green Beans
Bread
Veggie Bar/Fruit
Milk

BBQ on Bun **20**
Peas
Veggie Bar/Fruit
Milk

Beef Commercial **27**
Mashed Potatoes/Gravy
Bread
Veggie Bar/Fruit
Milk

Friday

Pizza Crunchers **7**
Marinara
Green Beans
Veggie Bar/Fruit
Milk

14
No School

Pepperoni Pizza **21**
Steamed Carrots
Veggie Bar/Fruit
Milk

Hot Dog on Bun **28**
Peas
Sun Chips
Veggie Bar/Fruit
Milk



This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE

Allergy information: Menus may contain one or more of the following ingredients-

Milk, eggs, soybeans, wheat, or tree nuts.

Our School District participates in the USDA Child Nutrition Programs. The U.S. Department of Agriculture (USDA) has developed a civil rights statement for use in its various programs. The purpose of the civil rights statement is to inform applicants, participants and potentially eligible persons of the policy of nondiscrimination and the procedure for filing a civil rights complaint to the USDA.

USDA Child Nutrition Programs Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) **mail:** U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) **fax:** (833) 256-1665 or (202) 690-7442; or
- (3) **email:** program.intake@usda.gov

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