

Due to new food vendor and kitchen director transitions, this September menu will be adjusted to accommodate items available.



SEPTEMBER 2025

Heron Lake-Okabena Schools

PLEASE NOTE: A SIMPLE HAM OR TURKEY SANDWICH IS OFFERED DAILY AS AN ALTERNATE ENTRÉE.

Monday

Tuesday

Wednesday

Thursday

Friday

1

NO School
Labor Day Holiday

2

Chicken Nuggets
Green Beans
Bread
Fruit/Veggie Bar
Milk

3

Crispitos
Corn
Bread
Fruit/Veggie Bar
Milk

4

Hamburger on Bun
Fries
Fruit/Veggie Bar
Milk

5

Shrimp Poppers
Baked Beans
Bread
Fruit/Veggie Bar
Milk

8

Goulash
Green Beans
Bread
Fruit/Veggie Bar
Milk

9

Rib B Que on Bun
Baked Potato
Diced Beets
Fruit/Veggie Bar
Milk

10

Shredded Pork
Mash Potatoes/Gravy
Bread
Fruit/Veggie Bar
Milk

11

Nachos (Corn Chips)
Corn
Bread
Fruit/Veggie Bar
Milk

12

Chicken Noodle Hot Dish
Egg Salad Sandwich
Peas
Fruit/Veggie Bar
Milk

15

BBQ on Bun
Green Beans
Fruit/Veggie Bar
Milk

16

Chicken Strips
Corn
Bread
Fruit/Veggie Bar
Milk

17

Hot Dog on Bun
Baked Beans
Fruit/Veggie Bar
Milk

18

Cheddar Roast Beef
on a Bun
Tator Tots
Fruit/Veggie Bar
Milk

19

Pizza
Roasted Broccoli
Fruit/Veggie Bar
Milk

22

Chicken Patty/Bun
Sweet Potato Fries
Fruit/Veggie Bar
Milk

23

Spaghetti
Green Beans
Garlic Toast
Fruit/Veggie Bar
Milk

24

Chicken Tacos
Corn
Bread
Fruit/Veggie Bar
Milk

25

French Dip/Bun
Baked Beans
Fruit/Veggie Bar
Milk

26

Cheese Stix
Roasted Broccoli
Fruit/Veggie Bar
Milk

29

Corn Dog
Green Beans
Fruit/Veggie Bar
Milk

30

Pizza Crunchers
Corn
Fruit/Veggie Bar
Milk

MENUS ARE SUBJECT TO CHANGE. [ANY CHANGE WILL BE POSTED AS SOON AS POSSIBLE OR ON THE DAY OF CHANGE.]

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER—See posted **Justice for All** notices for details.

Allergy Information: Meals may contain one or more of the following common ingredients: milk, eggs, soybeans, wheat, or tree nuts. Address any concerns/questions to the kitchen staff.