



# OCTOBER 2025

## Heron Lake-Okabena Schools

>Due to a new food vendor and kitchen staff transitions, this menu may need to be adjusted to accommodate items available.

### Monday

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

### Tuesday

### Wednesday

### Thursday

### Friday

Italian Dunkers  
Peas  
Veggie Bar/Fruit  
Milk

1

Sausage/Egg/Biscuit  
Hashbrown Patty  
Veggie Bar/Fruit  
Milk

2

Tator Tot Hotdish  
Green Beans  
Veggie Bar/Fruit  
Milk

3

Rib B Que on Bun  
Fries  
Veggie Bar/Fruit  
Milk

6

Chicken Penne Alfredo  
Green Beans  
Veggie Bar/Fruit  
Milk

7

Chicken Strips  
Broccoli Cheese Soup  
Veggie Bar/Fruit  
Milk

8

Slider Sandwiches  
Baked Beans  
Veggie Bar/Fruit  
Milk

9

Potato Ole's  
Corn  
Veggie Bar/Fruit  
Milk

10

Pizza Burgers  
Green Beans  
Veggie Bar/Fruit  
Milk

13

Salisbury Steak  
Mashed Potato/Gravy  
Veggie Bar/Fruit  
Milk

14

Hot Ham & Cheese  
Steamed Carrots  
Veggie Bar/Fruit  
Milk

15

MEA NO SCHOOL

16

MEA NO SCHOOL

17

Pulled Pork on Bun  
Baked Beans  
Veggie Bar/Fruit  
Milk

20

Pancakes/Sausage  
Hash Brown Patty  
Veggie Bar/Fruit  
Milk

21

Popcorn Chicken Bowl  
Corn  
Bread  
Veggie Bar/Fruit  
Milk

22

BBQ on Bun  
Veggie Pasta Salad  
Veggie Bar/Fruit  
Milk

23

Creamy Chicken  
on a Biscuit  
Diced Carrots/Peas  
Veggie Bar/Fruit  
Milk

24

Corn Dog  
Baked Beans  
Veggie Bar/Fruit  
Milk

27

Cheese Pizza  
Roasted Broccoli  
Veggie Bar/Fruit  
Milk

28

Hamburger Hotdish  
Green Beans  
Veggie Bar/Fruit  
Milk

29

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

30

Walking Tacos  
Corn  
Bread  
Veggie Bar/Fruit  
Milk

31

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.

