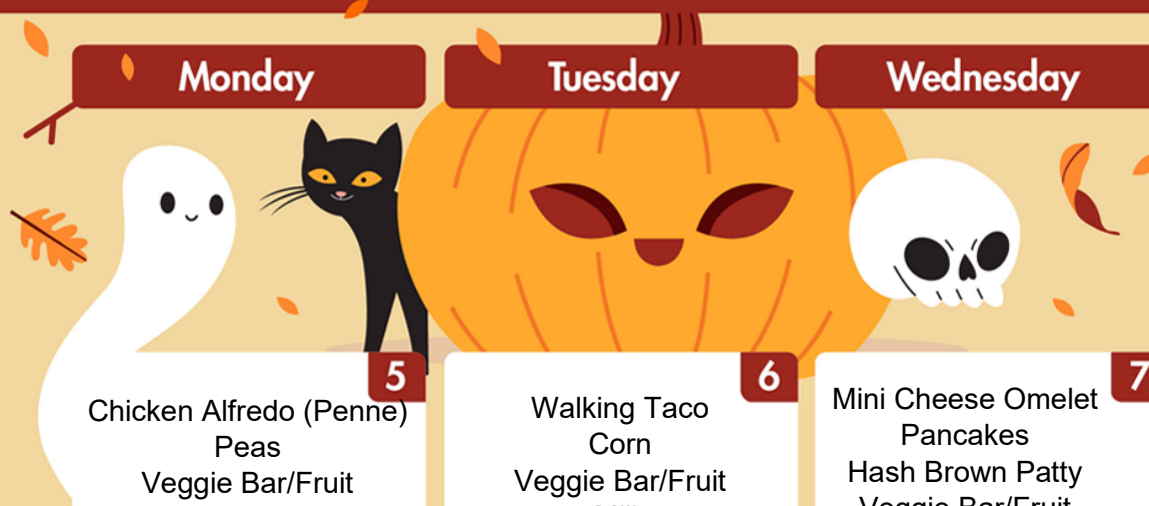
LUNCH

OCTOBER 2026

Heron Lake-Okabena Schools

Reminder: A simple ham (*or turkey*) sandwich is offered daily as an alternate entrée at the student's request.



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Grilled Cheese Tomato Soup Veggie Bar/Fruit Milk	2 Pizza Roasted Broccoli Veggie Bar/Fruit Milk
5 Chicken Alfredo (Penne) Peas Veggie Bar/Fruit Milk	6 Walking Taco Corn Veggie Bar/Fruit Milk	7 Mini Cheese Omelet Pancakes Hash Brown Patty Veggie Bar/Fruit Milk	8 Ham n Cheese Sliders Steamed Carrots Veggie Bar/Fruit Milk	9 Hamburger/Bun Sweet Potato Fries Veggie Bar/Fruit Milk
12 Chicken Strips Broccoli Cheese Soup Veggie Bar/Fruit Milk	13 *(1/2 Day Conferences)* Goulash Green Beans Garlic Toast Veggie Bar/Fruit Milk	14 Pizza Cole Slaw Veggie Bar/Fruit Milk	15 **MEA - NO SCHOOL**	16 **MEA - NO SCHOOL**
19 Creamy Chicken/Biscuit Diced Carrots & Peas Veggie Bar/Fruit Milk	20 Rib B Que/Bun French Fries Veggie Bar/Fruit Milk	21 Mix your own Rice or Ramen Bowl (Diced Chicken & Veg) Veggie Bar/Fruit Milk	22 Egg, Sausage, Cheese Muffin Brkft Sandwich Veggie Bar/Fruit Milk	23 Corn Dog Baked Beans Veggie Bar/Fruit Milk
26 Potato Ole's Corn Veggie Bar/Fruit Milk	27 Meatball Sub Peas Veggie Bar/Fruit Milk	28 Popcorn Chicken Bowl Corn Veggie Bar/Fruit Milk	29 Hot Dog/Bun (Chili & Cheese Fixins) Green Beans Veggie Bar/Fruit Milk	30 Pizza Roasted Broccoli Veggie Bar/Fruit Milk

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

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.