

# MARCH 2025

## Heron Lake Okabena #330

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

### Monday

Crispito **3**  
Green Beans  
Fruit/Veggie Bar  
Milk

Turkey Cheese Sliders **10**  
Steamed Carrots  
Fruit/Veggie Bar  
Milk

Chicken Strips **17**  
Broccoli Cheese Soup  
Bread  
Fruit/Veggie Bar  
Milk

Chicken Patty **24**  
Potato Wedges  
Fruit/Veggie Bar  
Milk

Pulled Pork Sandwich **31**  
Baked Beans  
Fruit/Veggie Bar  
Milk

### Tuesday

Bison Burger **4**  
Fries  
Fruit/Veggie Bar  
Milk

Chicken Egg Roll **11**  
Ramen Noodles  
Bread  
Fruit/Veggie Bar  
Milk

BBQ on Bun **18**  
Tator Tots  
Fruit/Veggie Bar  
Milk

Chicken Tacos **25**  
Corn  
Bread  
Fruit/Veggie Bar  
Milk

### Wednesday

Nachos **5**  
Corn  
Bread  
Fruit/Veggie Bar  
Milk

Mini Corn Dogs **12**  
Baked Beans  
Fruit/Veggie Bar  
Milk

Pizza Crunchers **19**  
Marinara Sauce  
Bread  
Fruit/Veggie Bar  
Milk

Tator Tot Hotdish **26**  
Green Beans  
Bread  
Fruit/Veggie Bar  
Milk

### Thursday

Rib B Que **6**  
Loaded Baked Potato  
Fruit/Veggie Bar  
Milk

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

Hot Turkey Sandwich **20**  
Green Beans  
Fruit/Veggie Bar  
Milk

French Dip N Swiss **27**  
Baked Beans  
Fruit/Veggie Bar  
Milk

### Friday

Cheese Stix **7**  
Roasted Broccoli  
Fruit/Veggie Bar  
Milk

Cheese Pizza **14**  
Roasted Broccoli  
Fruit/Veggie Bar  
Milk

Egg N Cheese Burrito **21**  
Hash Brown  
Cinnamon Roll  
Fruit/Veggie Bar  
Milk

No School **28**

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](mailto:program.intake@usda.gov)

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