



# Owatonna Elementary Schools

This institution is an equal opportunity provider

## OCTOBER 2021

### BREAKFAST MENU

Breakfast is **FREE** for all students during the 2021-2022 school year!

#### FRUITS & VEGGIES

Students must select a fruit or fruit juice as part of their meal.

#### MILK

All school breakfasts are served with a choice of  $\Psi$  skim or  $\Psi$  low fat, white milk. Students are not required to take a milk to receive a breakfast.

#### EDUCATIONAL BENEFITS

Your student may qualify for P-EBT or additional Educational Benefits. For more information, please visit [Application for Educational Benefits](#) on the Nutrition Services webpage.

#### ALLERGY INFORMATION

This menu contains one or more of the following ingredients: milk, eggs, soybeans, fish, shellfish, sesame and/or wheat. Please contact 507-444-8629 with special diet related inquiries.

#### $\Psi$ Farm to School or Local Product

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> <b>Backpacker Bites</b> Applesauce Cup Raisins/Craisins	<b>5</b> <b>Blueberry Lemon Crispy Bites</b> <b>Cheese Stick</b> Apple Slices Juice Cup	<b>6</b> <b>Soft Filled Breakfast Bar</b> Fruit Bowl Fresh Fruit	<b>7</b> <b>Cheddar Goldfish Crackers</b> Apple Slices Juice Cup	<b>8</b> $\Psi$ <b>Smart Round</b> Applesauce Cup Raisins/Craisins
<b>11</b> <b>Cereal</b> Applesauce Cup Raisins/Craisins	<b>12</b> <b>Goldfish Graham Crackers</b> <b>Yogurt Cup</b> Apple Slices Juice Cup	<b>13</b> <b>Mini Bagel</b> Fruit Bowl Fresh Fruit	<b>14</b> <b>Breakfast Round</b> Apple Slices Juice Cup	<b>15</b> <b>Cinnamon Roll</b> Applesauce Cup Raisins/Craisins
<b>18</b> <b>Mini Breakfast Bar</b> Applesauce Cup Raisins/Craisins	<b>19</b> <b>Annie's Bunny Grahams</b> <b>Cheese Stick</b> Apple Slices Juice Cup	<b>20</b> <b>Frudel</b> Fruit Bowl Fresh Fruit	<b>21</b> NO SCHOOL	<b>22</b> NO SCHOOL
<b>25</b> <b>Cereal</b> Applesauce Cup Raisins/Craisins	<b>26</b> <b>Scooby Doo Crackers</b> <b>Yogurt Cup</b> Apple Slices Juice Cup	<b>27</b> <b>Mini Cinnis</b> Fruit Bowl Fresh Fruit	<b>28</b> <b>Breakfast Round</b> Apple Slices Juice Cup	<b>29</b> $\Psi$ <b>Pumpkin Chocolate Chip Muffin</b> Applesauce Cup Raisins/Craisins