



Owatonna High School

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 Ψ skim or Ψ low fat, white milk. Students are not required to take a milk to receive a breakfast.

STUDENT MEAL ACCOUNTS

Students must have money in their meal account to purchase a la carte items. A la carte items include single milk purchases. For more information on ways to manage student meal accounts, please visit [Meal Accounts](#) on the Nutrition Services webpage.

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, peanuts, tree nuts, and/or wheat. Please contact 507-444-8629 with special diet related inquiries.

Ψ Farm to School or Local Product

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Mini Cinnis Breakfast Bar Fruit Juice Cup	5 Breakfast Sandwich PBJ Uncrustable Breakfast Bar Applesauce Cup Juice Cup	6 Yogurt Parfait Breakfast Bar Fruit Juice Cup	7 Breakfast Sandwich PBJ Uncrustable Breakfast Bar Fruit Bowl Juice Cup	8 Ψ Smart Round Breakfast Bar Fruit Juice Cup
11 Frudel Breakfast Bar Fruit Juice Cup	12 Breakfast Sandwich PBJ Uncrustable Breakfast Bar Applesauce Cup Juice Cup	13 Cinnamon Roll Breakfast Bar Fruit Juice Cup	14 Breakfast Sandwich PBJ Uncrustable Breakfast Bar Fruit Bowl Juice Cup	15 Ψ Chocolate Chip Muffin Breakfast Bar Fruit Juice Cup
18 Mini Bagel Breakfast Bar Fruit Juice Cup	19 Breakfast Sandwich PBJ Uncrustable Breakfast Bar Applesauce Cup Juice Cup	20 Breakfast Round Breakfast Bar Fruit Juice Cup	21 NO SCHOOL	22 NO SCHOOL
25 Bagel w/ Cream Cheese Breakfast Bar Fruit Juice Cup	26 Breakfast Sandwich PBJ Uncrustable Breakfast Bar Applesauce Cup Juice Cup	27 Cinnamon Roll Breakfast Bar Fruit Juice Cup	28 Breakfast Sandwich PBJ Uncrustable Breakfast Bar Fruit Bowl Juice Cup	29 Ψ Pumpkin Chocolate Chip Muffin Breakfast Bar Fruit Juice Cup