



Owatonna Education Center Pre-K

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.

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