



# Owatonna Middle 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 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
<b>4</b> Mini Cinnis Cereal Breakfast Bar Fruit Juice Cup	<b>5</b> Breakfast Sandwich Cereal Breakfast Bar Applesauce Cup Juice Cup	<b>6</b> Yogurt Parfait Cereal Breakfast Bar Fruit Juice Cup	<b>7</b> Breakfast Sandwich Cereal Breakfast Bar Fruit Bowl Juice Cup	<b>8</b> Ψ Smart Round Cereal Breakfast Bar Fruit Juice Cup
<b>11</b> Frudel Cereal Breakfast Bar Fruit Juice Cup	<b>12</b> Breakfast Sandwich Cereal Breakfast Bar Applesauce Cup Juice Cup	<b>13</b> Cinnamon Roll Cereal Breakfast Bar Fruit Juice Cup	<b>14</b> Breakfast Sandwich Cereal Breakfast Bar Fruit Bowl Juice Cup	<b>15</b> Ψ Chocolate Chip Muffin Cereal Breakfast Bar Fruit Juice Cup
<b>18</b> Mini Bagel Cereal Breakfast Bar Fruit Juice Cup	<b>19</b> Breakfast Sandwich Cereal Breakfast Bar Applesauce Cup Juice Cup	<b>20</b> Breakfast Round Cereal Breakfast Bar Fruit Juice Cup	<b>21</b> NO SCHOOL	<b>22</b> NO SCHOOL
<b>25</b> Bagel w/ Cream Cheese Cereal Breakfast Bar Fruit Juice Cup	<b>26</b> Breakfast Sandwich Cereal Breakfast Bar Applesauce Cup Juice Cup	<b>27</b> Cinnamon Roll Cereal Breakfast Bar Fruit Juice Cup	<b>28</b> Breakfast Sandwich Cereal Breakfast Bar Fruit Bowl Juice Cup	<b>29</b> Ψ Pumpkin Chocolate Chip Muffin Cereal Breakfast Bar Fruit Juice Cup