



Owatonna High School

This institution is an equal opportunity provider

FEBRUARY 2023

BREAKFAST MENU

MEAL PRICES

Student: \$1.65

Adult: \$2.25

FRUIT

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

Ψ MILK

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

STUDENT MEAL ACCOUNTS

Parents and guardians are encouraged to deposit money into their student's meal account. Students must have money in their meal account to purchase a la carte items. 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 free or reduced price meals 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

Nutrition Services: 507-444-8616

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JAN 30

JAN 31

1

2

3

Soft Filled Breakfast Bar
Breakfast Bar
Applesauce Cup
Juice Cup

PBJ Uncrustable
Breakfast Bar
Fresh Fruit
Juice Cup

Breakfast Sandwich
Breakfast Bar
Fruit Cup
Juice Cup

PBJ Uncrustable
Breakfast Bar
Apple Slices
Juice Cup

Smart Round
Breakfast Bar
Fruit Bowl
Juice Cup

6

7

8

9

10

Mini Bagel
Breakfast Bar
Applesauce Cup
Juice Cup

PBJ Uncrustable
Breakfast Bar
Fruit Cup
Juice Cup

Yogurt Parfait
Breakfast Bar
Fresh Fruit
Juice Cup

PBJ Uncrustable
Breakfast Bar
Fruit Cup
Juice Cup

Cinnamon Roll
Breakfast Bar
Fruit
Juice Cup

13

14

15

16

17

Frudel
Breakfast Bar
Applesauce Cup
Juice Cup

PBJ Uncrustable
Breakfast Bar
Fruit Cup
Juice Cup

Breakfast Sandwich
Breakfast Bar
Fresh Fruit
Juice Cup

PBJ Uncrustable
Breakfast Bar
Fruit Cup
Juice Cup

Cinnamon Swirl Bread
Breakfast Bar
Fruit
Juice Cup

20

21

22

23

24

Mini Cinnis
Breakfast Bar
Applesauce Cup
Juice Cup

PBJ Uncrustable
Breakfast Bar
Fruit Cup
Juice Cup

Smoothie w/ Crackers
Breakfast Bar
Fresh Fruit
Juice Cup

PBJ Uncrustable
Breakfast Bar
Fruit Cup
Juice Cup

Chocolate Chip Muffin
Breakfast Bar
Fruit
Juice Cup