



# Owatonna Middle School

This institution is an equal opportunity provider

## FEBRUARY 2023

### BREAKFAST MENU

#### MEAL PRICES

Student: \$1.55  
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 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
<b>JAN 30</b> Mini Cinnis Breakfast Bar Applesauce Cup Juice Cup	<b>JAN 31</b> Breakfast Sandwich Breakfast Bar Fresh Fruit Juice Cup	<b>1</b> Yogurt Parfait Breakfast Bar Fruit Cup Juice Cup	<b>2</b> Frudel Breakfast Bar Apple Slices Juice Cup	<b>3</b> Smart Round Cereal Fruit Bowl Juice Cup
<b>6</b> Mini Bagel Breakfast Bar Applesauce Cup Juice Cup	<b>7</b> Breakfast Sandwich Breakfast Bar Fruit Cup Juice Cup	<b>8</b> Breakfast Rounds Breakfast Bar Fresh Fruit Juice Cup	<b>9</b> Snack'N Waffles Breakfast Bar Fruit Cup Juice Cup	<b>10</b> Cinnamon Roll Cereal Fruit Juice Cup
<b>13</b> Mini Cinnis Breakfast Bar Applesauce Cup Juice Cup	<b>14</b> Breakfast Sandwich Breakfast Bar Fruit Cup Juice Cup	<b>15</b> Yogurt Parfait w/ Granola Breakfast Bar Fresh Fruit Juice Cup	<b>16</b> Frudel Breakfast Bar Fruit Cup Juice Cup	<b>17</b> Cinnamon Swirl Bread Cereal Fruit Juice Cup
<b>20</b> Mini Bagel Breakfast Bar Applesauce Cup Juice Cup	<b>21</b> Breakfast Sandwich Breakfast Bar Fruit Cup Juice Cup	<b>22</b> Cook's Choice Breakfast Breakfast Bar Fresh Fruit Juice Cup	<b>23</b> Snack'N Waffles Breakfast Bar Fruit Cup Juice Cup	<b>24</b> Strawberry Muffin Cereal Fruit Juice Cup