

# Owatonna High School

This institution is an equal opportunity provider

## SEPT 2023

### BREAKFAST MENU

#### FREE MEALS FOR ALL STUDENTS

All students are eligible for 1 breakfast meal and 1 lunch meal at no cost.

#### COMPLETE MEAL

Students must choose at least 3 items, including ½ c fruit or vegetable, as part a complete meal.

#### MILK

Milk Choices: Skim or 1% White  
Single milk purchase is \$0.55 per carton.

#### EDUCATIONAL BENEFITS

Your student may qualify for additional Educational Benefits. For more information, please visit [Application for Educational Benefits](#) on the Nutrition Services webpage.

#### ADULT MEAL PRICES

Breakfast: \$2.25

#### 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.

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#### AVAILABLE DAILY

Breakfast Bar  
Cereal Bowl  
PBJ Uncrustable Sandwich  
Yogurt Cup  
Cheese Stick  
Sunflower Seeds

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <b>NO SCHOOL</b>	5 Mini Bagel Applesauce Cup Juice Cup	6 Yogurt Parfait Fruit Cup Juice Cup	7 Breakfast Sandwich Fresh Fruit Juice Cup	8 Blueberry Muffin Fruit Bowl Juice Cup
11 Frudel Applesauce Cup Juice Cup	12 Breakfast Sandwich Fresh Fruit Juice Cup	13 Smoothie w/ Annie's Bunny Grahams Fruit Cup Juice Cup	14 Breakfast Burrito Fresh Fruit Juice Cup	15 Cinnamon Roll Fruit Bowl Juice Cup
18 Mini Cinnis Applesauce Cup Juice Cup	19 Breakfast Pizza Fresh Fruit Juice Cup	20 Yogurt Parfait Fruit Cup Juice Cup	21 Breakfast Sandwich Fresh Fruit Juice Cup	22 Cinnamon Swirl Bread Fruit Bowl Juice Cup
25 Waffle Applesauce Cup Juice Cup	26 Breakfast Sandwich Fresh Fruit Juice Cup	27 Smoothie w/ Nature Valley Crisps Fruit Cup Juice Cup	28 Breakfast Quesadilla Fresh Fruit Juice Cup	29 Chocolate Chip Muffin Fruit Bowl Juice Cup