

# Owatonna Education Center Pre-K

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 are required to take all 3 items offered.

#### MILK

Milk Choices: Skim or 1% White

#### 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 NO SCHOOL	5 NO SCHOOL K-8	6 NO SCHOOL K-5	7 Cereal Bowl Juice Cup	8 Breakfast Bar Fruit Bowl
11 Annie's Bunny Grahams Applesauce Cup	12 Frudel Fresh Fruit	13 Cheese Stick Fruit Cup	14 Cereal Bowl Juice Cup	15 Cinnamon Roll Fruit Bowl
18 Breakfast Bar Applesauce Cup	19 Mini Cinnis Fresh Fruit	20 Yogurt Cup Fruit Cup	21 Cereal Bowl Juice Cup	22 Cinnamon Swirl Bread Fruit Bowl
25 Nature Valley Crisps Applesauce Cup	26 Waffle Fresh Fruit	27 Cheese Stick Fruit Cup	28 Cereal Bowl Juice Cup	29 Chocolate Chip Muffin Fruit Bowl