

# Owatonna High School

This institution is an equal opportunity provider

## OCTOBER 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, peanuts, tree nuts, and/or wheat. Please contact 507-444-8629 with special diet related inquiries.

**OWATONNA**  
PUBLIC SCHOOLS  
INSPIRING EXCELLENCE • EVERY LEARNER • EVERY DAY

### AVAILABLE DAILY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Mini Bagel</b> Applesauce Cup Juice Cup	<b>3</b> <b>Breakfast Pizza</b> Fresh Fruit Juice Cup	<b>4</b> <b>Yogurt Parfait</b> Fruit Cup Juice Cup	<b>5</b> <b>Breakfast Sandwich</b> Fresh Fruit Juice Cup	<b>6</b> <b>Smart Round</b> Fruit Bowl Juice Cup
<b>9</b> <b>Frudel</b> Applesauce Cup Juice Cup	<b>10</b> <b>Breakfast Sandwich</b> Fresh Fruit Juice Cup	<b>11</b> <b>Smoothie w/ Annie's Bunny Grahams</b> Fruit Cup Juice Cup	<b>12</b> <b>Breakfast Burrito</b> Fresh Fruit Juice Cup	<b>13</b> <b>Cinnamon Roll</b> Fruit Bowl Juice Cup
<b>16</b> <b>Mini Cinnis</b> Applesauce Cup Juice Cup	<b>17</b> <b>Breakfast Pizza</b> Fresh Fruit Juice Cup	<b>18</b> <b>Yogurt Parfait</b> Fruit Cup Juice Cup	<b>19</b> NO SCHOOL	<b>20</b> NO SCHOOL
<b>23</b> <b>Waffle</b> Applesauce Cup Juice Cup	<b>24</b> <b>Breakfast Sandwich</b> Fresh Fruit Juice Cup	<b>25</b> <b>Smoothie w/ Nature Valley Crisps</b> Fruit Cup Juice Cup	<b>26</b> <b>Breakfast Quesadilla</b> Fresh Fruit Juice Cup	<b>27</b> <b>Pumpkin Muffin</b> Fruit Bowl Juice Cup