

Owatonna Area Learning Center

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.

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AVAILABLE DAILY

Breakfast Bar
Cereal Bowl
PBJ Uncrustable Sandwich
Yogurt Cup
Cheese Stick

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3

4

5

6

Mini Bagel
Applesauce Cup
Juice Cup

Breakfast Pizza
Fresh Fruit
Juice Cup

Yogurt Parfait
Fruit Cup
Juice Cup

Breakfast Sandwich
Fresh Fruit
Juice Cup

Smart Round
Fruit Bowl
Juice Cup

9

10

11

12

13

Frudel
Applesauce Cup
Juice Cup

Breakfast Sandwich
Fresh Fruit
Juice Cup

**Smoothie w/
Annie's Bunny Grahams**
Fruit Cup
Juice Cup

Breakfast Burrito
Fresh Fruit
Juice Cup

Cinnamon Roll
Fruit Bowl
Juice Cup

16

17

18

19

20

Mini Cinnis
Applesauce Cup
Juice Cup

Breakfast Pizza
Fresh Fruit
Juice Cup

Yogurt Parfait
Fruit Cup
Juice Cup

NO SCHOOL

NO SCHOOL

23

24

25

26

27

Waffle
Applesauce Cup
Juice Cup

Breakfast Sandwich
Fresh Fruit
Juice Cup

**Smoothie w/
Nature Valley Crisps**
Fruit Cup
Juice Cup

Breakfast Quesadilla
Fresh Fruit
Juice Cup

Pumpkin Muffin
Fruit Bowl
Juice Cup