

Owatonna Middle 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, and/or wheat. Please contact 507-444-8629 with special diet related inquiries.

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

AVAILABLE DAILY

Breakfast Bar
Cereal Bowl
Yogurt Cup
Cheese Stick
Sunflower Seed