

Owatonna Elementary Schools

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cereal Bowl Applesauce Cup Dried Fruit	3 Nature Valley Crisps Yogurt Cup Juice Cup Fruit Bowl	4 Waffle Blended Fruit Cup Fresh Fruit	5 Breakfast Bar Cheese Stick Juice Cup Fruit Bowl	6 Smart Round Applesauce Cup Dried Fruit
9 Cereal Bowl Applesauce Cup Dried Fruit	10 Goldfish Grahams Yogurt Cup Juice Cup Fruit Bowl	11 Mini Bagel Blended Fruit Cup Fresh Fruit	12 Breakfast Round Cheese Stick Juice Cup Fruit Bowl	13 Cinnamon Roll Applesauce Cup Dried Fruit
16 Cereal Bowl Applesauce Cup Dried Fruit	17 Annie's Bunny Grahams Yogurt Cup Juice Cup Fruit Bowl	18 Frudel Blended Fruit Cup Fresh Fruit	19 NO SCHOOL	20 NO SCHOOL
23 Cereal Bowl Applesauce Cup Dried Fruit	24 Scooby Doo Crackers Yogurt Cup Juice Cup Fruit Bowl	25 Mini Cinnis Blended Fruit Cup Fresh Fruit	26 Blueberry Lemon Bites Cheese Stick Juice Cup Fruit Bowl	27 Pumpkin Muffin Applesauce Cup Dried Fruit