

Owatonna Middle School

This institution is an equal opportunity provider

DECEMBER 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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AVAILABLE DAILY

Breakfast Bar
Cereal Bowl
Yogurt Cup
Cheese Stick
Sunflower Seed

MONDAY

NOV 27

Mini Cinnis
Applesauce Cup
Juice Cup

TUESDAY

NOV 28

Breakfast Pizza
Fresh Fruit
Juice Cup

WEDNESDAY

NOV 29

Yogurt Parfait
Fruit Cup
Juice Cup

THURSDAY

NOV 30

Breakfast Sandwich
Fresh Fruit
Juice Cup

FRIDAY

1

Blueberry Muffin
Blended Fruit Cup
Juice Cup

4

Frudel
Applesauce Cup
Juice Cup

5

Breakfast Sandwich
Fresh Fruit
Juice Cup

6

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

7

Breakfast Burrito
Fresh Fruit
Juice Cup

8

Cinnamon Roll
Blended Fruit Cup
Juice Cup

11

Mini Cinnis
Applesauce Cup
Juice Cup

12

Breakfast Pizza
Fresh Fruit
Juice Cup

13

Yogurt Parfait
Fruit Cup
Juice Cup

14

Breakfast Sandwich
Fresh Fruit
Juice Cup

15

Chocolate Muffin
Blended Fruit Cup
Juice Cup

18

Waffle
Applesauce Cup
Juice Cup

19

Breakfast Sandwich
Fresh Fruit
Juice Cup

20

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

21

Breakfast Quesadilla
Fresh Fruit
Juice Cup

22

Cook's Choice
Blended Fruit Cup
Juice Cup