

# Owatonna Education Center Pre-K

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 are required to take all 3 items offered.

#### MILK

Milk Choices: Skim or 1% White

#### 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
<b>NOV 27</b>	<b>NOV 28</b>	<b>NOV 29</b>	<b>NOV 30</b>	<b>1</b>
<b>Breakfast Bar</b> Applesauce Cup	<b>Mini Cinnis</b> Fresh Fruit	<b>Yogurt Cup</b> Fruit Cup	<b>Cereal Bowl</b> Juice Cup	<b>Blueberry Muffin</b> Blended Fruit Cup
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Annie's Bunny Grahams</b> Applesauce Cup	<b>Frudel</b> Fresh Fruit	<b>Cheese Stick</b> Fruit Cup	<b>Cereal Bowl</b> Juice Cup	<b>Cinnamon Roll</b> Blended Fruit Cup
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Breakfast Bar</b> Applesauce Cup	<b>Mini Cinnis</b> Fresh Fruit	<b>Yogurt Cup</b> Fruit Cup	<b>Cereal Bowl</b> Juice Cup	<b>Chocolate Muffin</b> Blended Fruit Cup
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Nature Valley Crisps</b> Applesauce Cup	<b>Waffle</b> Fresh Fruit	<b>Cheese Stick</b> Fruit Cup	<b>Cereal Bowl</b> Juice Cup	<b>Cook's Choice</b> Blended Fruit Cup