

Owatonna Middle School

This institution is an equal opportunity provider

JANUARY 2024

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

NO SCHOOL

TUESDAY

Mini Cinnis

Applesauce Cup
Juice Cup

WEDNESDAY

Yogurt Parfait

Fruit Cup

THURSDAY

Breakfast Sandwich

Fresh Fruit
Juice Cup

FRIDAY

Chocolate Muffin

Blended Fruit Cup
Juice Cup

1

2

3

4

5

8

9

10

11

12

Breakfast Sandwich

Fresh Fruit
Juice Cup

Smoothie w/ Annie's Bunny Grahams

Fruit Cup
Juice Cup

Breakfast Burrito

Fresh Fruit
Juice Cup

Cinnamon Roll

Blended Fruit Cup
Juice Cup

15

16

17

18

19

NO SCHOOL

Breakfast Pizza

Applesauce Cup
Juice Cup

Yogurt Parfait

Fruit Cup
Juice Cup

Breakfast Sandwich

Fresh Fruit
Juice Cup

Blueberry Muffin

Blended Fruit Cup
Juice Cup

22

23

24

25

26

NO SCHOOL

Breakfast Sandwich

Applesauce Cup
Juice Cup

Smoothie w/ Nature Valley Crisps

Fruit Cup
Juice Cup

Breakfast Quesadilla

Fresh Fruit
Juice Cup

Chocolate Muffin

Blended Fruit Cup
Juice Cup