

# Owatonna Area Learning Center

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, peanuts, tree nuts, and/or wheat. Please contact 507-444-8629 with special diet related inquiries.

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PUBLIC SCHOOLS  
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### AVAILABLE DAILY

**Breakfast Bar**  
**Cereal Bowl**  
**PBJ Uncrustable Sandwich**  
**Yogurt Cup**  
**Cheese Stick**

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

**NO SCHOOL**

#### Mini Cinnis

Applesauce Cup  
Juice Cup

#### Yogurt Parfait

Fruit Cup  
Juice Cup

#### Breakfast Sandwich

Fresh Fruit  
Juice Cup

#### Blueberry Muffin

Fruit Bowl  
Juice Cup

#### Frudel

Applesauce Cup  
Juice Cup

#### Breakfast Sandwich

Fresh Fruit  
Juice Cup

#### Smoothie w/ Annie's Bunny Grahams

Fruit Cup  
Juice Cup

#### Breakfast Burrito

Fresh Fruit  
Juice Cup

#### Cinnamon Roll

Fruit Bowl  
Juice Cup

**NO SCHOOL**

#### Breakfast Pizza

Applesauce Cup  
Juice Cup

#### Yogurt Parfait

Fruit Cup  
Juice Cup

#### Breakfast Sandwich

Fresh Fruit  
Juice Cup

#### Chocolate Muffin

Fruit Bowl  
Juice Cup

**NO SCHOOL**

#### Breakfast Sandwich

Applesauce Cup  
Juice Cup

#### Smoothie w/ Nature Valley Crisps

Fruit Cup  
Juice Cup

#### Breakfast Quesadilla

Fresh Fruit  
Juice Cup

#### Blueberry Muffin

Fruit Bowl  
Juice Cup