

# Owatonna Middle School

This institution is an equal opportunity provider

## MAY 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.



#### AVAILABLE DAILY

- Breakfast Bar
- Cereal Bowl
- Yogurt Cup
- Cheese Stick
- Sunflower Seeds
- Milk - Choice of 1% or Skim

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>APRIL 29</b>  <b>Mini Bagel</b> Applesauce Cup Juice Cup	<b>APRIL 30</b>  <b>Breakfast Pizza</b> Fresh Fruit Juice Cup	<b>1</b>  <b>Yogurt Parfait</b> Fruit Cup Juice Cup	<b>2</b>  <b>Breakfast Sandwich</b> Fresh Fruit Juice Cup	<b>3</b> <b>SCHOOL LUNCH HERO DAY</b>  <b>Apple-Filled Donut</b> Fruit Bowl Juice Cup
<b>6</b>  <b>Frudel</b> Applesauce Cup Juice Cup	<b>7</b>  <b>Breakfast Sandwich</b> Fresh Fruit Juice Cup	<b>8</b>  <b>Smoothie w/ Annie's Bunny Grahams</b> Fruit Cup Juice Cup	<b>9</b>  <b>Breakfast Burrito</b> Fresh Fruit Juice Cup	<b>10</b>  <b>Cinnamon Roll</b> Fruit Bowl Juice Cup
<b>13</b>  <b>Mini Cinnis</b> Applesauce Cup Juice Cup	<b>14</b>  <b>Breakfast Pizza</b> Fresh Fruit Juice Cup	<b>15</b>  <b>Yogurt Parfait</b> Fruit Cup Juice Cup	<b>16</b>  <b>Mini Bagel</b> Fresh Fruit Juice Cup	<b>17</b>  <b>Cinnamon Roll</b> Fruit Bowl Juice Cup
<b>20</b>  <b>Waffle</b> Applesauce Cup Juice Cup	<b>21</b>  <b>Breakfast Sandwich</b> Fresh Fruit Juice Cup	<b>22</b>  <b>Smoothie w/ Nature Valley Crisps</b> Fruit Cup Juice Cup	<b>23</b>  <b>Breakfast Quesadilla</b> Fresh Fruit Juice Cup	<b>24</b>  <b>Homemade Muffin</b> Fruit Bowl Juice Cup