

Owatonna Middle School

This institution is an equal opportunity provider

SEPT 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 of 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: \$2.40

ALLERGY INFORMATION

This menu contains one or more of the following ingredients: milk, eggs, soybeans, fish, shellfish, sesame, and/or wheat. Please contact 507-444-8607 with special diet related inquiries.



AVAILABLE DAILY

Breakfast Bar
Cereal Bowl
One Protein Item...
Yogurt Cup, Cheese Stick or Sunflower Seeds

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 6TH GRADE ORIENTATION	4 Yogurt Parfait Fruit Cup Juice Cup	5 English Muffin Breakfast Sandwich Fresh Fruit Juice Cup	6 Raised Donut Fruit Cup Juice Cup
9 Breakfast Pizza Fruit Cup Juice Cup	10 Waffle Snack Fresh Fruit Juice Cup	11 Yogurt Parfait Fruit Cup Juice Cup	12 English Muffin Breakfast Sandwich Fresh Fruit Juice Cup	13 Cinnamon Roll Fruit Cup Juice Cup
16 Bagel Breakfast Sandwich Fruit Cup Juice Cup	17 Frudel Fresh Fruit Juice Cup	18 Yogurt Parfait Fruit Cup Juice Cup	19 Egg Scrambler Pizza Fresh Fruit Juice Cup	20 Smart Round Fruit Cup Juice Cup
23 Mini Pancakes Fruit Cup Juice Cup	24 Mini Cinnis Fresh Fruit Juice Cup	25 Smoothie w/ Nature Valley Crisps Fruit Cup Juice Cup	26 English Muffin Breakfast Sandwich Fresh Fruit Juice Cup	27 Homemade Muffin Fruit Cup Juice Cup