

Owatonna Middle School

This institution is an equal opportunity provider

DECEMBER 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 each.

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 25 Breakfast Bread Fruit Cup Juice Cup	NOV 26 Mini Bagels Fresh Fruit Juice Cup	NOV 27 NO SCHOOL	NOV 28 NO SCHOOL	NOV 29 NO SCHOOL
2 Breakfast Pizza Fruit Cup Juice Cup	3 Waffle Snack Fresh Fruit Juice Cup	4 Yogurt Parfait Fruit Cup Juice Cup	5 Breakfast Bread Fresh Fruit Juice Cup	6 Cinnamon Roll Dried Fruit Juice Cup
9 Mini Donuts Fruit Cup Juice Cup	10 Frudel Fresh Fruit Juice Cup	11 Yogurt Parfait Fruit Cup Juice Cup	12 Egg Scrambler Pizza Fresh Fruit Juice Cup	13 Homemade Muffin Dried Fruit Juice Cup
16 Mini Pancakes Fruit Cup Juice Cup	17 Mini Cinnis Fresh Fruit Juice Cup	18 Smoothie w/ Nature Valley Crisps Fruit Cup Juice Cup	19 English Muffin Breakfast Sandwich Fresh Fruit Juice Cup	20 Raised Donut Dried Fruit Juice Cup