

Owatonna Middle School

This institution is an equal opportunity provider

SEPT 2025

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: \$2.50

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.

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AVAILABLE DAILY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL	2 6TH GRADE ORIENTATION	3 Benefit Bar Juice Cup Fruit Cup	4 Mini Donuts Juice Cup Fresh Fruit	5 Waffle Snack Juice Cup Fruit Cup
8 Mini Pancakes Juice Cup Fruit Cup	9 Mini Cinnis Juice Cup Fresh Fruit	10 Twist & Go Smoothie w/ Breakfast Crackers Juice Cup Fruit Cup	11 English Muffin Breakfast Sandwich Juice Cup Fresh Fruit	12 Muffin Juice Cup Dried Fruit
15 Frosted Donut Juice Cup Fruit Cup	16 Mini Bagels Juice Cup Fresh Fruit	17 Benefit Bar Juice Cup Fruit Cup	18 Egg Scrambler Pizza Juice Cup Fresh Fruit	19 UBR Juice Cup Dried Fruit
22 Mini French Toast Juice Cup Fruit Cup	23 Waffle Snack Juice Cup Fresh Fruit	24 Yogurt Parfait w/ Granola Juice Cup Fruit Cup	25 Bagel Breakfast Sandwich Juice Cup Fresh Fruit	26 Cinnamon Roll Juice Cup Dried Fruit