

# Owatonna Elementary Schools

This institution is an equal opportunity provider

## DECEMBER 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.

### MONDAY

DEC 22

**Cereal Bowl**  
Applesauce Cup  
Dried Fruit

### TUESDAY

DEC 23

**Breakfast Crackers**  
**Yogurt Cup**  
Fruit Cup  
Sour Berries

### WEDNESDAY

DEC 24

**NO SCHOOL**

### THURSDAY

DEC 25

**NO SCHOOL**

### FRIDAY

DEC 26

**NO SCHOOL**

## 12 DAYS OF WINTER BREAK ACTIVITIES



#### DAY 1

HOLD TREE POSE FOR 30 SECONDS. REPEAT 5 TIMES.



#### DAY 2

DANCE TO YOUR FAVORITE MUSIC



#### DAY 3

COMPLETE 20 SQUATS. REPEAT 3 TIMES.



#### DAY 4

HOLD WARRIOR POSE FOR 30 SECONDS. REPEAT 5 TIMES.



#### DAY 5

COMPLETE 10 PUSH-UPS. REPEAT 3 TIMES.



#### DAY 6

CHECK THE CHIMNEY FOR 30 SECONDS. STAND WITH FEET SHOULDER WIDTH APART. MOVE ARMS & LEGS AS IF CLIMBING A LADDER.



#### DAY 7

COMPLETE 20 JUMPING JACKS. REPEAT 3 TIMES.



#### DAY 8

DO THE SNOWMAN WALK FOR 20 SECONDS. REPEAT 2 TIMES. START WITH NARROW WIDE MARCHES. WALK WITH FEET SHOULDER WIDTH APART, MOVING ARMS BACK & FORTH. MOVE FEET WIDER APART, KNEES SLIGHTLY BENT & CONTINUE TO WALK.



#### DAY 9

REACH FOR THE STARS. REPEAT 5 TIMES.



#### DAY 10

DO THE CANDY CANE TWIST. REPEAT 10 TIMES. STAND WITH FEET SHOULDER WIDTH APART, KNEES SLIGHTLY BENT & ARMS OUT TO THE SIDE. TWIST UPPER BODY TO THE LEFT, LOWER BODY TO THE RIGHT, & REVERSE. SLOWLY TWIST DOWN TO THE FLOOR. SLOWLY RISE UP.

#### DAY 11

HOLD CHAIR POSE FOR 30 SECONDS. REPEAT 5 TIMES.



#### DAY 12

POPCORN GARLAND FOR 30 SECONDS. CROUCH DOWN INTO A POPCORN KERNEL, HEAD TUCKED IN & ARMS FOLDED ACROSS THE FRONT OF BODY. START JUMPING ON THE SPOT. CONTINUE JUMPING AS THE KERNEL GETS BIGGER & BIGGER.

