

Owatonna Education Center Pre-K

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 are required to take all 3 items offered.

MILK

Milk Choices: Skim or 1% White

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
Fruit Cup

TUESDAY

DEC 23

Breakfast
Crackers
Fresh Fruit

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.

