

Owatonna Middle School

This institution is an equal opportunity provider

OCTOBER 2026

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.

Note: Some items will count as 2

MILK

Milk Choices: Skim or 1% White
Single milk purchase is \$0.60 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: \$2.75

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

SEPT 28

Mini Bagels
Fruit Cup
Juice Cup

5

TUESDAY

SEPT 29

Waffle Snack
Fresh Fruit
Juice Cup

6

WEDNESDAY

SEPT 30

Benefit Bar
Fruit Cup
Juice Cup

7

THURSDAY

1

English Muffin
Breakfast Sandwich
Fresh Fruit
Juice Cup

8

FRIDAY

2

Homemade Muffin
Dried Fruit
Juice Cup

9

Mini Cinnis
Fruit Cup
Juice Cup

12

Frosted Donut
Fresh Fruit
Juice Cup

13

Yogurt Smoothie
Breakfast Crackers
Fruit Cup
Juice Cup

14

Breakfast Pizza
Fresh Fruit
Juice Cup

15

Smart Round
Dried Fruit
Juice Cup

16

Mini French Toast
Fruit Cup
Juice Cup

Benefit Bar
Fresh Fruit
Juice Cup

Yogurt Parfait
Fruit Cup
Juice Cup

NO SCHOOL

NO SCHOOL

Mini Pancakes
Fruit Cup
Juice Cup

19

Waffle Cake
Fresh Fruit
Juice Cup

20

Mini Donuts
Fruit Cup
Juice Cup

21

Egg Scrambler
Pizza
Fresh Fruit
Juice Cup

22

Cinnamon Roll
Dried Fruit
Juice Cup

23