

# Owatonna High 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  
\$.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, peanuts, tree nuts, and/or wheat.

Please contact 507-444-8607 with special diet related inquiries

MONDAY

SEPT 28

**Mini Bagels**  
Fruit Cup  
Juice Cup

5

**Mini Cinnis**  
Fruit Cup  
Juice Cup

12

**Mini French Toast**  
Fruit Cup  
Juice Cup

19

**Mini Pancakes**  
Fruit Cup  
Juice Cup

TUESDAY

SEPT 29

**Waffle Snack**  
Fresh Fruit  
Juice Cup

6

**Frosted Donut**  
Fresh Fruit  
Juice Cup

13

**Snack'n Stuffed Waffle**  
Fresh Fruit  
Juice Cup

20

**Frudel**  
Fresh Fruit  
Juice Cup

WEDNESDAY

SEPT 30

**Yogurt Parfait**  
Fruit Cup  
Juice Cup

7

**Waffle Cake**  
Fruit Cup  
Juice Cup

14

**Yogurt Parfait**  
Fruit Cup  
Juice Cup

21

**Waffle Snack**  
Fruit Cup  
Juice Cup

THURSDAY

1

**English Muffin**  
**Breakfast Sandwich**  
Fresh Fruit  
Juice Cup

8

**Breakfast Pizza**  
Fresh Fruit  
Juice Cup

15

NO SCHOOL

22

**Egg Scrambler Pizza**  
Fresh Fruit  
Juice Cup

FRIDAY

2

**Homemade Muffin**  
Dried Fruit  
Juice Cup

9

**Smart Round**  
Dried Fruit  
Juice Cup

16

NO SCHOOL

23

**Cinnamon Roll**  
Dried Fruit  
Juice Cup