

Owatonna Elementary Schools

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 Cinnis or
Breakfast Crackers**
Applesauce Cup
Juice Cup

5

**Frudel or
Breakfast Crackers**
Applesauce Cup
Juice Cup

12

**Mini Pancakes or
Breakfast Crackers**
Applesauce Cup
Juice Cup

19

**Mini Bagels or
Breakfast Crackers**
Applesauce Cup
Juice Cup

TUESDAY

SEPT 29

**Breakfast Bar or
Cereal Bowl**
Yogurt Cup
Fresh Fruit
Juice Cup

6

**Chat Snax Crackers
or Cereal Bowl**
Yogurt Cup
Fresh Fruit
Juice Cup

13

**Mini Benefit Bar
or Cereal Bowl**
Yogurt Cup
Fresh Fruit
Juice Cup

20

**Vanilla Goldfish
Crackers or
Cereal Bowl**
Yogurt Cup
Fresh Fruit
Juice Cup

WEDNESDAY

SEPT 30

**Pancake on a Stick
or Breakfast Crackers**
Fruit Cup
VBlend Cup

7

**Breakfast Pizza or
Breakfast Crackers**
Fruit Cup
VBlend Cup

14

**Waffle Snack or
Breakfast Crackers**
Yogurt Smoothie
Fruit Cup

21

**Egg Scrambler Pizza
or Breakfast Crackers**
Fruit Cup
VBlend Cup

THURSDAY

1

**Waffle Cake or
Breakfast Crackers**
Cheese Stick
Dried Fruit
Juice Cup

8

**Whole Grain Donut
or Breakfast Crackers**
Cheese Stick
Dried Fruit
Juice Cup

15

NO SCHOOL

22

**Cinnamon Swirl
French Toast or
Breakfast Crackers**
Cheese Stick
Dried Fruit
Juice Cup

FRIDAY

2

**Homemade Muffin
or Breakfast Crackers**
Fresh Fruit
Juice Cup

9

**Smart Round or
Breakfast Crackers**
Fresh Fruit
Juice Cup

16

NO SCHOOL

23

**Cinnamon Roll or
Breakfast Crackers**
Fresh Fruit
Juice Cup