

# 2024-2025 Breakfast Menu

at Our Saviors Lutheran School

Breakfast will be served at Our Saviors Lutheran School this year! Students will have the opportunity to choose to have breakfast at school. Breakfast will be opened at 7:30 am. If you are unable to bring your student to take part in school breakfast, students need to be at school and ready to eat breakfast by 7:55 am. Breakfast service is over, 8:05 am. At that point, students will finish up and be sent to their classrooms. Breakfast will be offered in a bundle format. This means students will have to take the bundle and they can choose to take the extra items



**Will my student be charged?** No! This program is being taken into effect, meaning all students can receive breakfast at school. One free lunch per school day.

**What if I have questions or concerns with Breakfast at OSLS?** All questions and concerns regarding this program can be directed to Emily Scheresky, Food Service Director, at [emilyscheresky@isd593.org](mailto:emilyscheresky@isd593.org) or 218-281-5313 x 7.

Weekly Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Bundle Consists of:</i></p> <p>Cereal (22-25) [1] Fruit Choice (15) [1] Fruit Juice (15) [1]</p> <p><i>Optional Additional Choices. May Take One of Each</i></p> <p>Banana Bread (28) [1] Milk (11) [1]</p>	<p>Cereal (22-25) [1] Fruit Choice (15) [1] Fruit Juice (15) [1]</p> <p>Banana Bread (28) [1] Milk (11) [1]</p>	<p>Cereal (22-25) [1] Fruit Choice (15) [1] Fruit Juice (15) [1]</p> <p>Pop Tart (36-38) [1] Milk (11) [1]</p>	<p>Cereal (22-25) [1] Fruit Choice (15) [1] Fruit Juice (15) [1]</p> <p>Crackers (21) [1] Milk (11) [1]</p>	<p>Cereal (22-25) [1] Fruit Choice (15) [1] Fruit Juice (15) [1]</p> <p>Cereal Bar (37) Milk (11) [1]</p>	<p>Cereal (22-25) [1] Fruit Choice (15) [1] Fruit Juice (15) [1]</p> <p>Yogurt (15) [1] Milk (11) [1]</p>

### Breakfast Menu Information

- Menus are subject to change, without notice, due to availability and delivery challenges
  - Milk choices include plain 1% and plain skim.
  - Lactose-Free milk is available by request.
  - All grain options are whole grain choices.
  - Carbohydrate Counts are listed in the parentheses ( ).
- Items in the brackets [ ] are considered the item equivalents. A student must take 3 item equivalents at breakfast, with at least 1 being a fruit or a fruit juice. The breakfast bundle was created for convenience, as it includes three items, including one fruit item.
  - Special diet requests can be made with approval. Please contact Emily at [emilyscheresky@isd593.org](mailto:emilyscheresky@isd593.org)
  - Cost – FREE

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