

# FREE School Breakfast!

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 would like your student to take part in school breakfast, students need to be at school and ready to be served before breakfast service is over, 8:05 am. At that point, students will finish up and be sent to their classrooms to start the school day. Breakfast will be offered in a bundle format. This means students will have to take the bundle of items if they want breakfast, and they can choose to take the extra items if they wish.

**Will my student be charged?** No! the Minnesota Free School Meals bill has taken into effect, meaning all students can receive one free breakfast and 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
<i>Bundle Consists of:</i>	Banana Bread (28) [1] Cereal (22-25) [1] Fruit Juice (15) [1]	Cereal (22-25) [1] Fruit Choice (15) [1] Fruit Juice (15) [1]	Crackers (21) [1] Cereal (22-25) [1] Fruit Juice (15) [1]	Cereal (22-25) [1] Fruit Choice (1) [1] Fruit Juice (15) [1]	String Cheese (0) [1] Cereal (22-25) [1] Fruit Juice(15) [1]
<i>Optional Additional Choices. May Take One of Each</i>	Fruit Choice (15) [1] Milk (13) [1]	Mini Cinnamon Donuts (22-25) [1] Milk (13) [1]	Fruit Choice (15) [1] Milk (13) [1]	Muffin (27) [1] Milk (13) [1]	Fruit Choice (15) [1] Milk (13) [1]

## 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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