

BREAKFAST

Kent City
Elementary School
2021-2022

GSRP Breakfast includes:

Main Item-Cereal, Breakfast Bar, Pancakes or Muffin with Grahams

1% White Milk, Whole Fruit, Raisins and 100% Juice. Fresh Fruit when available.

Yogurt or String Cheese available daily.

* Monday

Banana or Blueberry Muffin
Grahams Crackers, Fruit Juice,
White Milk

* Tuesday

Bowl Cereal
Grahams Crackers, Fruit Juice,
White Milk

* Wednesday

Cinni Mini
Grahams Crackers, Fruit Juice,
White Milk

* Thursday

Egg Omlette/French Toast
Grahams Crackers, Fruit Juice,
White Milk

* Friday

Questions or comments:

Beth Ohman FSD

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Cereal-*Low Sugar

*Trix, *Coco Puffs, *Honey Nut

Cherrios, *Cinnamon Toast

*Fruit Loops, *Lucky Charms

Feeding Bodies-Fueling Minds!

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El desayuno incluye:

Artículo principal: cereal, barra de desayuno, panqueques o muffin con Grahams
Leche Blanca al 1%, Fruta Entera, Pasas y Jugo 100%.

* Monday

Muffin de plátano o arándanos
Galletas Grahams, Fruta Jugo,
Leche blanca

* Tuesday

Tazón de cereals
Galletas Grahams, Fruta Jugo,
Leche blanca

* Wednesday

Cinni Mini
Galletas Grahams, Fruta Jugo,
Leche blanca

* Thursday

Tortilla de Huevo/Tostada
Francesa
Galletas Grahams, Fruta Jugo,
Leche blanca

* Friday

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Cereal- * Bajo contenido de
azúcar

* Trix, * Cocoa Puffs, * Honey
Nut Cheerios, * Cinnamon Toast *
Fruit Loops, * Lucky Charms

¡Alimentando cuerpos,
alimentando mentes!