

# BREAKFAST

Kent City  
Elementary School  
2025-2026

Kent City Community Schools-GSRP  
Feeding Bodies-Fueling Minds

\* Monday

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

\* Tuesday

Choice of Cereal  
Grahams Crackers, Fruit, Juice,  
White Milk

\* Wednesday

Cinnamon Bagel  
Grahams Crackers, Fruit, Juice,  
White Milk

\* Thursday

French Toast Sticks  
Egg/Cheese Omelette  
Grahams Crackers, Fruit, Juice,  
White Milk

\* Friday

Questions or comments:

Beth Ohman FSD

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Reduced sugar cereal choices:

Honey Nut Cherrios, Cinnamon  
Toast Crunch, Mini Wheats,  
Kix

Juice is 100% juice  
Milk is 1% White

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Escuelas Comunitarias de Kent City-GSRP  
Alimentar cuerpos: alimentar mentes

\* Monday

Muffin de plátano o arándanos  
Grahams Crackers, fruta, jugo,  
leche blanca

\* Tuesday

Elección de cereales  
Grahams Crackers, fruta, jugo,  
leche blanca

\* Wednesday

Bagel de canela  
Grahams Crackers, fruta, jugo,  
leche blanca

\* Thursday

Palitos de tostadas francesas  
Tortilla de huevo/queso  
Grahams Crackers, fruta, jugo,  
leche blanca

\* Friday

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Opciones reducidas de  
cereales con azúcar:

Cherrios de miel y nueces,  
tostadas de canela crujientes,  
mini trigos, bucles de frutas

El jugo es 100% jugo  
La leche es 1% blanca