



BREAKFAST

NOVEMBER 2022

ALL BREADS ARE WHOLEGRAIN

Kent County Public Schools Breakfast Menu

Due to supply chain issues, menus may vary

Monday

Tuesday

Wednesday

Thursday

Friday

1

Blueberry Muffin
Strawberry Yogurt
100% Fruit Juice
Milk

2

**SYNCHRONOUS
LEARNING DAY**

3

Sausage, Egg & Cheese Bagel
Apple Slices w/ Nutella
100% Fruit Juice
Milk

4

NutriGrain w/ Goldfish
Cheese Stick
100% Fruit Juice
Milk

7

Apple Cinnamon Cheerios
Chat Snax Vanilla Crunch
100% Fruit Juice
Milk

8

Banana Muffin
Strawberry Applesauce
100% Fruit Juice
Milk

9

Sausage Pancake on a Stick
Peach Cup
100% Fruit Juice
Milk

10

Lemon Bread
Apple Slices w/ Nutella
100% Fruit Juice
Milk

11

NutriGrain w/ Cinn Goldfish
Cheese Stick
100% Fruit Juice
Milk

14

Lucky Charms Cereal
Cinnamon Bun Cracker
100% Fruit Juice
Milk

15

Apple-Cinn Oatmeal Round
Raspberry Yogurt
100% Fruit Juice
Milk

16

Breakfast Pizza
Peach Cup
100% Fruit Juice
Milk

17

Strawberry PopTarts
Apple Slices w/ Nutella
100% Fruit Juice
Milk

18

NutriGrain w/ Goldfish
Cheese Stick
100% Fruit Juice
Milk

21

Froot Loops Cereal
Chat Snax Vanilla Crunch
100% Fruit Juice
Milk

22

French Toast Sticks w/ Syrup
Strawberry Applesauce
100% Fruit Juice
Milk

23

**THANKSGIVING BREAK
ALL SCHOOLS &
OFFICES CLOSED**

24

**THANKSGIVING BREAK
ALL SCHOOLS &
OFFICES CLOSED**

25

**THANKSGIVING BREAK
ALL SCHOOLS &
OFFICES CLOSED**

28

Cinnamon Toast Crunch
Cinnamon Bun Cracker
100% Fruit Juice
Milk

29

Blueberry Muffin
Strawberry Yogurt
100% Fruit Juice
Milk

30

Breakfast Pizza
Peach Cup
100% Fruit Juice
Milk



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