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 This institution is an Equal
 Opportunity Provider.

School Breakfast - FREE
 We look forward to serving you!

KASD Middle School Breakfast Menu

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks	Sausage, Egg & Cheese English Muffin	Warm Cinnamon Roll	Breakfast Pizza	Confetti Pancakes w/ Sausage Links
Cereal w/ String Cheese Cereal w/ Yogurt Assorted Fresh Fruit Assorted 100% Fruit Juice Assorted Milks	Cereal w/ String Cheese Cereal w/ Yogurt Assorted Fresh Fruit Assorted 100% Fruit Juice Assorted Milks	Cereal w/ String Cheese Cereal w/ Yogurt Assorted Fresh Fruit Assorted 100% Fruit Juice Assorted Milks	Cereal w/ String Cheese Cereal w/ Yogurt Assorted Fresh Fruit Assorted 100% Fruit Juice Assorted Milks	Cereal w/ String Cheese Cereal w/ Yogurt Assorted Fresh Fruit Assorted 100% Fruit Juice Assorted Milks

Breakfast is free every day!

All breakfasts consist of whole grains, fruits, 100% fruit juice and choice of milk.

A total of 3 to 4 items must be taken to make a complete and no charge breakfast.

One of the items must be a fruit or 100% fruit juice.

This institution is an equal opportunity employer and provider. Menu subject to change without notice.

Apples have grown in the wild since ancient times, although those early apples are closer to what we know as a crab apple, which is small and very sour. Now, there are about 7,500 apple varieties grown throughout the world. Apples can be large or small, sweet or tart, and come in a variety of colors—some are even pink on the inside!

harvestofthemoon.org

Science Investigation

Oxidation is the browning reaction that occurs when the atoms in an apple come in contact with air and lose electrons.

- Cut two apples in half.
- Pour one tablespoon of lemon juice over the first half.
- Pour one tablespoon of water over the second half.
- Pour one tablespoon of apple juice over the third half.
- Do not pour anything over the fourth half.
- Leave all four halves in a visible spots for observation.
- After one hour, note the differences in the browning to see which method works best and why.