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School Breakfast - FREE
We look forward to serving you!

KASD High School Breakfast Menu

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Egg & Cheese Bagel	**Assorted Donut Holes**	**Sausage, Egg, & Cheese English Muffin**	**Fruit & Yogurt Parfait**	**Breakfast Pizza**
Cinnamon Roll **Pop Tart w/ String Cheese** **Pop Tart w/ Yogurt** **Assorted Fresh Fruit** **Assorted 100% Fruit Juice** **Assorted Milks**	**Cinnamon Roll** **Pop Tart w/ String Cheese** **Pop Tart w/ Yogurt** **Assorted Fresh Fruit** **Assorted 100% Fruit Juice** **Assorted Milks**	**Cinnamon Roll** **Pop Tart w/ String Cheese** **Pop Tart w/ Yogurt** **Assorted Fresh Fruit** **Assorted 100% Fruit Juice** **Assorted Milks**	**Cinnamon Roll** **Pop Tart w/ String Cheese** **Pop Tart w/ Yogurt** **Assorted Fresh Fruit** **Assorted 100% Fruit Juice** **Assorted Milks**	**Cinnamon Roll** **Pop Tart w/ String Cheese** **Pop Tart 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.

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!

Apple Sandwiches

Ingredients: 1 medium apple, any variety 2 Tbs. peanut butter 1Tbs. raisins

Directions:

1. Cut the apple in half from the stem down and lay each half, cut side down, on a cutting board. Slice each half into 6 half-round slices and cut out the core.
2. Spread 1/2 teaspoon peanut butter on one side of each apple slice.
3. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
4. Continue with remaining apple slices. Vary your apple “sandwich” using different nut butters and dried fruits.