

GEMS Grab and Go Breakfast 2022 - 2023

August 17, 2022

<u>Monday Breakfast Choices</u>	<u>Tuesday Breakfast Choices</u>	<u>Wednesday Breakfast Choices</u>	<u>Thursday Breakfast Choices</u>	<u>Friday Breakfast Choices</u>
<i>Two Grain Options</i>				
# 1 Sky Blue WG Honey Buns	# 1 Pillsbury Apple Frudel	# 1 Hadley Farms Cinnamon Bun	# 1 Hadley Farms Cinnabar	# 1 Lemon Breakfast Bread
<i>One Grain Options and Grain Alternates</i>				
# 2 Assorted Whole Grain Cereals	# 2 Assorted Whole Grain Cereals	# 2 Assorted Whole Grain Cereals	# 2 Assorted Whole Grain Cereals	# 2 Assorted Whole Grain Cereals
# 3 Assorted Whole Grain Muffins	# 3 Assorted Whole Grain Muffins	# 3 Assorted Whole Grain Muffins	# 3 Assorted Whole Grain Muffins	# 3 Assorted Whole Grain Muffins
# 4 1 oz String Cheese	# 4 1 oz String Cheese	# 4 1 oz String Cheese	# 4 1 oz String Cheese	# 4 1 oz String Cheese
# 5 4 oz Yogurt	# 5 4 oz Yogurt	# 5 4 oz Yogurt	# 5 4 oz Yogurt	# 5 4 oz Yogurt
# 6 1 oz Sunflower Seeds	# 6 1 oz Sunflower Seeds	# 6 1 oz Sunflower Seeds	# 6 1 oz Sunflower Seeds	# 6 1 oz Sunflower Seeds



A complete breakfast consists of one or two grains, fruit, fruit juice and a choice of milk.

Students must take at least three items from at least two different groups.

A fruit or 100% fruit juice must be taken with each breakfast.

