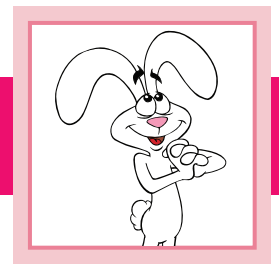


School Breakfast Made Simple



Grab & Go Breakfast

A great way to serve more students in a variety of places and times

Grab & Go Breakfast Works Great for:

- Large schools with different start times, different entrances, and small or remote cafeterias
- Middle and high schools where students change classrooms frequently

Suggestions:

- Serve bagged food from carts or kiosks stationed near entrances and other places where students usually rush by
- Students can quickly pay using PINS, swipe cards or tickets
- Students can consume the meal in the hallway, at their desks, or on a break between classes

Easy Ideas for Grab & Go Breakfast:

Good choices for Grab & Go Breakfast are foods that are pre-packaged or wrapped in advance, easy to eat and mess-free



- Cereal on-the-Go, Cereal Bars, Honey Nut Cheerios Cereal Snack Mix
 - Pre-packaged and convenient for your busy students
 - Allows students to eat breakfast while making their way to class
 - Popular kid-favorite brand, all contain whole grain¹, one and two-bread equivalent options



- 4 oz Trix[®] and Yoplait[®] Yogurt provide a good source of calcium, vitamins A&D, and 1 meat alternate



- Pillsbury[®] Mini Pancakes
 - Individually-wrapped in a heat & serve pouch
 - Contains 8 mini whole-grain² pancakes with baked-in flavor and two bread equivalents



The Benefits of Breakfast

Additional Resources:

Breakfast = Success Toolkit

- A helpful aid in selling the benefits of alternative school breakfast and gaining support from key stakeholders and administration
- Available at www.k12.bellinstitute.com

Source: 2004 California Food Policy Advocates, breakfastfirst.org

¹All Big G Cereal Bowlpaks, Cereal on the Go Pouches, and Cereal Bars contain whole grain, but some contain less than 8 grams due to smaller serving sizes. At least 48 grams recommended daily.

²Pillsbury[®] Mini Pancakes have 16g per serving. 48g recommended daily.



www.generalmillsfoodservice.com