

**Students
K-12**

Grab N' Go Breakfast

The Grab N' Go Breakfast Program allows each student a variety of options at breakfast. Students can choose three to four items from the categories below. Each student has to have one milk item, one fruit/vegetable item, and up to two items from grains/others.

Choose 4 Items Each From a Different Category:

Milks

- 1% White Milk
- 1% Chocolate Milk



Choose 1

Fruits/Vegetables

- Apple Juice
- Orange Juice
- Fresh Fruit
- Dried Fruit
- Fruit Cups



Choose 1

Grains/Others

- Whole Grain Bread
- Assorted Muffins
- Assorted Bagels
- Cold Cereal
- Granola Bar
- Fruit & Oatmeal Bar
- Pop-Tart
- Danish
- Granola
- String Cheese
- Colby Jack Squares
- Gogourt
- Trix Yogourt



Choose 2

Jump Start Your Day-

Eat Breakfast!

