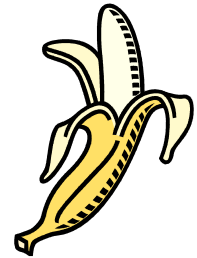


## Delivery Model: Grab 'n' Go Breakfast

A Grab 'n' Go program typically consists of breakfast items that are laid out on counters or tables. Students pick up a meal as they walk by and eat on the way to class, in designated eating areas, or during the first few minutes of class. Typically a Grab 'n' Go breakfast is served cold but can include some hot items. Grab 'n' Go is common in secondary schools but can work at all grade levels.

### 1. Start with Fruits & Vegetables (offer 2-3 from the list below)

- Bananas
- Apples
- Oranges / Clementines
- Seasonal fruit (plums, peaches, pears, apricots, strawberries)
- Baby carrots and/or other raw vegetables (celery, cherry tomatoes, peppers)
- Fruits bowls (unsweetened/packed in water)
- Applesauce (unsweetened)



### 2. Add Dairy

- Milk
- Yogurt cups/ Yogurt parfaits
- Cheese



### 3. Add Cereal/Grain Products

- Small bags of cereal (*Original or MultiGrain Cheerios, Life, Quaker Corn Bran Squares, Quaker Oat Bran Squares, Shreddies*) → cereal can be mixed with dried fruit
- Whole-grain bread/ bagel / pita
- Muffins or granola bars (once a week only) (*Kellogg's Nutri-Grain cereal bars, PC whole grain cereal bars, Quaker Chewy Bars Apple and Bumbleberry, Quaker Oatmeal to Go bars*)



### 4. Optional

- Hard-boiled eggs