

A Grab 'n' Go program typically consists of snack items that are laid out on counters or on carts. 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 Grab 'n' Go snacks are served cold and require no cooking.



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

- Bananas
- Apples
- Oranges / Clementines
- Seasonal Fruits (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



OR

Add Cereal / Grain Products

- Small bags of cereal (*MultiGrain Cheerios, Life, Quaker Corn Bran, Quaker Oat Bran, 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*)