

Grab 'n' Go Breakfast

The Grab 'n' Go bagged breakfast is a convenient way to offer breakfast at school. Grab 'n' Go breakfasts require less time to prepare than traditional breakfasts and decrease long serving lines in the cafeteria. Bagged breakfasts with fully reimbursable breakfast meals can be picked up in the cafeteria or at breakfast stations/vendor carts in strategic places throughout the school building. This method attracts students to meal carts during class changes or before school.

The Grab 'n' Go bagged breakfast requires little or no cooking. The bags can be prepared the day before with the non-perishable food items. A small prize randomly tucked into several colorful theme bags is a fun way to begin the day with the school breakfast.

Here are examples of Grab 'n' Go breakfasts:

- Cereal, fruit, and milk
- Muffin, fruit and milk
- Granola or cereal bar, fruit and milk
- Bagel, jelly, jam, honey, fruit and milk

Pre-wrapped warm items like breakfast sandwiches, burritos, or bagels can be put in the school's warming unit the morning they are to be served or loaded into a cart that contains a warming unit.

Place trash cans near the eating area to eliminate mess.

Benefits of the Grab 'n' Go bagged breakfast:

- Eliminates the long wait in breakfast lines
- Reduces tardiness
- Students enjoy hand held breakfasts
- Ideal for middle and high school students who may not eat breakfast at home
- Allows students who ride the bus or arrive to school late the opportunity to eat a school breakfast
- Participation is relatively consistent, so it is easy to anticipate the number of breakfasts needed each morning

This information is from the **Expanding Breakfast Manual & Video Kit - Second Edition** from the National Dairy Council and the Child Nutrition Foundation; to order call (800) 728-0728.