**Grab and Go Breakfast Ideas**

All items can be pre-packed ahead of time in gallon size plastic bags and offered with milk.

2-3 ounce whole grain muffin 2 ounce warmed wgr bagel w cinn/sugar/margarine

1 orange 113-138ct ½ cup applesauce

4 ounce 100% juice cup 4 ounce 100% juice cup

Yogurt Parfait: Package in parfait cup:

¼ cup or 1 ounce granola 1 ounce whole grain rich cheese snack crackers

4 ounces yogurt 1 ounce string cheese, cut in bites

4 ounce fruit sauce in bottom of cup ½ cup grapes

4 ounce 100% juice 4 ounce juice 100% juice

1-2 ounce whole grain muffin Granola bar

1 ounce Sunflower seeds Egg, hard boiled

Banana 150 ct = ½ cup fruit 1 apple 100-138 ct

4 ounce 100% juice 4 ounce juice 100% juice

Peanut butter & jelly sandwich 2.5 ounce wgr cinnamon roll

4 ounce Strawberry cup Whole pear

4 ounce 100% juice 4 ounce 100% juice

* All grab and go breakfast sample meals listed here are still reimbursable if the student declines milk.
* Juice could be left out of the bags and offered with the milk.

All sample menus would still be reimbursable if the student declines the milk and the juice.

* Cream cheese does not credit as a meat alternate, peanut butter does.
	+ 2T Peanut butter = 1 ounce meat alternate.

The bagel should be in an oven-able sandwich bag and warmed prior to placing in the bag.

* Raisins or dried cranberries could be substituted for any fruit item.
	+ Raisins: 1.3 oz = ½ cup fruit
	+ Dried Cranberries 1.18 oz = ½ cup fruit