

May

## GEMS Breakfast

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	01 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	02 Pop Tarts 36g Go-Gurt 8g Applesauce 17g Fruit Juice 20g	03	04
05 WG Cereal 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	06 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	07 WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	08 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	09 Pop Tarts 36g Go-Gurt 8g Applesauce 17g Fruit Juice 20g	10	11
12 WG Cereal 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	13 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	14 WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	15	16	17	18
19 WG Cereal 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	20 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	21 WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	22 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	23 Pop Tarts 36g Go-Gurt 8g Applesauce 17g Fruit Juice 20g	24	25
26	27	28	29	30	31	01
02	03	<b>Notes:</b> Menus are subject to change due to availability of food or unplanned school closings. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER Contact: Melissa Bryant 614.747.0196 Carb grams indicated in ORANGE. Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.				