

# January

# GEMS Breakfast

# 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	01	02	03	04	05
06	07	08	09	10	11	12
	WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	Donut 23g Applesauce 17g Fruit Juice 20g	Pop Tarts 36g Go-Gurt 8g Applesauce 17g Fruit Juice 20g		
13	14	15	16	17	18	19
WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	Donut 23g Applesauce 17g Fruit Juice 20g			
20	21	22	23	24	25	26
	WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	Donut 23g Applesauce 17g Fruit Juice 20g	Pop Tarts 36g Go-Gurt 8g Applesauce 17g Fruit Juice 20g		
27	28	29	30	31	01	02
WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	Donut 23g Applesauce 17g Fruit Juice 20g	Pop Tarts 36g Go-Gurt 8g Applesauce 17g Fruit Juice 20g		
03	04	<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 <b>ORANGE</b> . Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.				