

October

GEMS Breakfast

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	01 Donut 23g Applesauce 17g Fruit Juice 20g	02 WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	03 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	04 Pop Tarts 36g Go-Gurt 8g Applesauce 17g Fruit Juice 20g	05	06
07 WG Cereal 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	08 Donut 23g Applesauce 17g Fruit Juice 20g	09 WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	10 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	11 Pop Tarts 36g Go-Gurt 8g Applesauce 17g Fruit Juice 20g	12	13
14 WG Cereal 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	15 Donut 23g Applesauce 17g Fruit Juice 20g	16 WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	17 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	18 Pop Tarts 36g Go-Gurt 8g Applesauce 17g Fruit Juice 20g	19	20
21 WG Cereal 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	22 Donut 23g Applesauce 17g Fruit Juice 20g	23 WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	24	25	26	27
28 WG Cereal 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	29 Donut 23g Applesauce 17g Fruit Juice 20g	30 WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	31 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	01	02	03
04	05	Notes: 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.				