

September

GEMS Breakfast

2024

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