

March

GEMS Breakfast

2025

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