November GEMS Breakfast 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	01
02	03 Donut 23g Applesauce 17g Fruit Juice 20g	04 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	05 WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	06 Pop Tarts 36g Applesauce 17g Fruit Juice 20g	07	08
09 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	10 Donut 23g Applesauce 17g Fruit Juice 20g	11 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	12 WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	13 Pop Tarts 36g Applesauce 17g Fruit Juice 20g	14	15
16 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	17 Donut 23g Applesauce 17g Fruit Juice 20g	18 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	19 WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	20 Pop Tarts 36g Applesauce 17g Fruit Juice 20g	21	22
23	24	25	26	27	28	29
30	01	**Notes:** Menus are subject to change due to availability of food or unplanned school closings. USDA is an equal opportunity provider, employer, & lender. Contact: Melissa Bryant 614.747.0196 Carb grams indicated in ORANGE. **HALAL OPTIONS OFFERED** Milk offered with each meal:1% Milk 12g or Fat Free Chocolate 24g.				