September GEMS Breakfast 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01	02 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	03 WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	04 Bagel 33g Applesauce 17g Fruit Juice 20g	05	06
07	08 Donut 23g Applesauce 17g Fruit Juice 20g	09 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	10 WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	11 Cinnamon Roll 45g Go-Gurt 8g Applesauce 17g Fruit Juice 20g	12	13
14 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	15 Donut 23g Applesauce 17g Fruit Juice 20g	16 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	17 WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	18 Bagel 33g Applesauce 17g Fruit Juice 20g	19	20
21 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	22 Donut 23g Applesauce 17g Fruit Juice 20g	23 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	24 WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	25 Cinnamon Roll 45g Go-Gurt 8g Applesauce 17g Fruit Juice 20g	26	27
28 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	29 Donut 23g Applesauce 17g Fruit Juice 20g	30 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	01	02	03	04
05	06	**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.				