



Grab 'n' Go Breakfast Worksheet

☑ Grab 'n' Go breakfasts are a convenient option for many schools. They take less time to prepare than most traditional breakfast meals and can eliminate long lines. A bagged breakfast can be enjoyed on the go, during a morning break, or during 1st period. Secondary students like Grab 'n' Go breakfast for opportunities to eat at different locations and times.

Who:	Meet with key decision makers at your school to initiate the program. Obtain approval and support from administrator, principal, teachers and food service staff. Staff at each school receives training for set-up and implementation.
What:	A transportable, bagged breakfast or individually wrapped servings of breakfast components. Can be served before school or during a break. Allows students the choice of a fast, nutritious breakfast.
When:	Before school, during morning break, or during 1 st period.
Where:	Allow for central pickup in cafeteria or other common area(s), or position mobile carts or tables at school entrance and high traffic areas.
Why:	High potential to increase participation by virtue of speed and accessibility. Provides a nutritious meal to students while granting them maximum flexibility to eat where and when they would like.
How:	The cart/table contains prepared breakfast choices. Bags are individually wrapped reimbursable breakfast meals. Promote with Grab 'n' Go posters, especially at pick up points.

Circle YES/NO after each of the following statements to determine if grab 'n' go breakfast will work for your school.

1.	Participation in the breakfast program is significantly lower than lunch.	YES	NO
2.	Carts are available or space exists for placement of tables in entrances for "curbside" services.	YES	NO
3.	Teachers realize the importance eating breakfast has to the learning process and are open to idea of meals being brought into class.	YES	NO
4.	Congestion in cafeteria dining room needs to be reduced, or facilities are not available in the morning.	YES	NO
5.	Students tend to bring snacks and beverages to class in the mornings.	YES	NO
6.	Additional labor hours are not available or are not cost-effective in the morning.	YES	NO
7.	Flexibility is needed in scheduling serving times, or is desired by students.	YES	NO
8.	Meal payment system does not require cash at point of service.	YES	NO
9.	Custodial staff is willing to ensure that trash receptacles are convenient for breakfast service.	YES	NO