

Grab 'n Go Breakfast

What is Grab n' Go Breakfast?

In a Grab & Go Breakfast model, students can pick up breakfast from serving carts, kiosks or tables located in easily accessible locations in the school—often at entrances or other high-traffic areas.

Breakfast can be served as students enter the building before classes begin or between classes later in the morning, which can be an attractive option for older students. Schools determine where breakfast can be consumed, in locations such as playgrounds, hallways, the cafeteria, and classrooms.

Breakfast menus are designed for students on the go, with prepackaged items allowing students to easily eat outside the cafeteria or save breakfast for when they are hungry. Breakfasts are usually cold, but with a little bit of creativity and preparation in the morning, they can include hot items as well.



Students are responsible for following the school's guidelines for disposal of trash. Placing extra trash cans in high traffic areas and close to the areas where students tend to eat their food helps minimize littering and trash issues.

Why Serve a Grab n' Go Breakfast?



Many middle and high school students are not hungry first thing in the morning, or they prefer to socialize with friends at that time. Grab n' Go breakfasts allow students the flexibility and choice to eat breakfast where and when they want. Grab n' Go breakfasts are convenient for food service staff and prepackaged breakfasts may take less time to prepare than traditional breakfasts. This method can allow schools to serve breakfast more quickly and to a greater number of students in a short period of time.

When Does a Grab n' Go Breakfast Work Best?

Grab n' Go breakfasts work well in middle and high schools because older students enjoy the flexibility and choice that Grab n' Go provides.

Grab n' Go Breakfast would be a good delivery model to implement in schools where:

- The cafeteria or gym is crowded or not available for breakfast.
- Many students must eat in a short amount of time.
- Busses arrive just before the start of classes, limiting students' ability to eat breakfast before classes start.
- Teachers are supportive of breakfast and realize its importance to learning.
- Students rely on vending and convenience foods from outside the school for breakfast.
- The cafeteria is not located where students enter the building or tend to congregate.