

K-12

GRAB

'N

GO

Make 'em
a meal!

On-the-go
ideas from
Chef Monica!



IDEAS FOR SERVING EXCITING GRAB 'N GO MEALS THIS SCHOOL YEAR!

School Nutrition Programs around the country are stepping up and adjusting to the new normal. But creating grab 'n go meals that drive participation—all while being easy to serve and efficient to prepare—can be a challenge. That's why we're here to help!



Cafeteria, classroom
or curbside!

To help you get started, we've put together a handful of tasty ideas thanks to our very own Chef Monica. These meals are meant to be interchangeable so they can fit your exact feeding needs. *Let's get started!*

Scan the
QR codes on the
following pages,
to see Chef Monica
demo these recipes
& more!



Trail Mix Tray



NEW! Blueberry Chex™ Cereal
(2 oz. equivalent grain)



Yoplait® Smooth Vanilla 4 oz.
(1 meat alternate)



Sunflower Seeds
(1 meat alternate)



Dried Cranberries
(¼ cup fruit)



Fruit juice
(½ cup fruit)



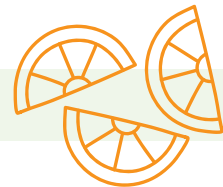
Milk
(1 cup)

Pancake Breakfast



Pillsbury™ Chocolatey Chip Explosion Mini Pancakes
(2 oz. equivalent grain)

Also available in
Maple Burst'n and Strawberry Splash
flavors!



Orange wedges
(½ cup fruit)



Milk
(1 cup)

OUNCE
EQUIV.
GRAIN



MEAT
ALTERNATE



FRUIT &
VEGGIES



MILK



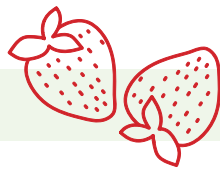
Berry Yogurt Bowl



2 Pillsbury™ Blueberry Muffin Tops
(2 oz. equivalent grain)



ParfaitPro® Vanilla 8 oz.
(2 meat alternate)



Strawberries
(1 cup fruit)



Milk
(1 cup)

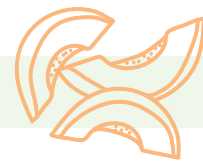
Cinnamon-y Snack



Pillsbury™ Freezer-to-Oven Cinnamon Roll
(2 oz. equivalent grain)



Yoplait® Smooth Vanilla 4 oz.
(1 meat alternate)



Peaches
(½ cup fruit)



Milk
(1 cup)

OUNCE
EQUIV.
GRAIN



MEAT
ALTERNATE



FRUIT &
VEGGIES



MILK



Blenderless Brunch



Pillsbury™ Chocolatey Chip Explosion Mini Pancakes
(2 oz. equivalent grain)



Sausage links
(1 meat alternate)

Blueberry ParfaitPro®
(1 meat alternate)



Blenderless Blueberry Smoothie



Breakfast potatoes
(1 cup vegetables)

¼ cup applesauce &
¼ cup of fruit juice
(½ cup fruit)



Milk
(1 cup)



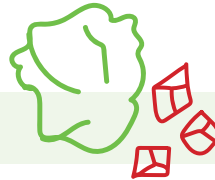
Tasty Taco Salad



Cinnamon Toast Crunch™ Soft Filled Bar
(2 oz. equivalent grain)



Cheese & beef
(2 meat alternate)



Lettuce & salsa
(1 cup vegetables)



Apple slices
(1 cup fruit)



Milk
(1 cup)

OUNCE
EQUIV.
GRAIN



MEAT
ALTERNATE



FRUIT &
VEGGIES



MILK

PRODUCT UPC	PRODUCT DESCRIPTION	CASE/PACK	MEAL PATTERN CONTRIBUTION
SHELF STABLE			
Cup Cereal:			
100-16000-17262-0	NEW! Blueberry Chex™ Cereal Single Serve	60/2 oz	2 oz eq grains
100-16000-17293-4	NEW! Rice Chex™ Cereal Single Serve	60/2 oz	2 oz eq grains
100-16000-14883-0	Cinnamon Chex™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-14886-1	25% Less Sugar Cinnamon Toast Crunch™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-14885-4	25% Less Sugar Cocoa Puffs™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-28932-1	Cinnamon Toast Crunch™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-14882-3	Honey Nut Cheerios™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-14884-7	Lucky Charms™ Cup Cereal	60/2 oz	2 oz eq grains
Bowlpak Cereal			
100-16000-31879-0	Apple Cinnamon Cheerios™	96/1 oz	1 oz eq grains
100-16000-32262-9	Cheerios™	96/1 oz	1 oz eq grains
100-16000-38387-3	Cinnamon Chex™	96/1 oz	1 oz eq grains
100-16000-11815-4	Cinnamon Toast Crunch™	96/1 oz	1 oz eq grains
100-16000-29444-5	25% Less Sugar Cinnamon Toast Crunch™	96/1 oz	1 oz eq grains
100-16000-33213-3	Corn Chex™	96/1 oz	1 oz eq grains
100-16000-31888-2	25% Less Sugar Cocoa Puffs™	96/1.06 oz	1 oz eq grains
100-16000-11768-3	Frosted Corn Flakes™	96/1 oz	1 oz eq grains
100-16000-31916-2	Fruity Cheerios™	96/1.12 oz	1 oz eq grains
100-16000-11943-4	Golden Grahams™	96/1 oz	1 oz eq grains
100-16000-11918-2	Honey Nut Cheerios™	96/1 oz	1 oz eq grains
100-16000-11866-6	Honey Nut Chex™	96/1.13 oz	1 oz eq grains
100-16000-11942-7	Kix™	96/.625 oz	0.5 oz eq grains
100-16000-31917-9	Lucky Charms™	96/1 oz	1 oz eq grains
100-16000-32263-6	Multi Grain Cheerios™	96/1 oz	1 oz eq grains
100-16000-31919-3	Reese's Puffs™	96/1 oz	1 oz eq grains
100-16000-31921-6	Rice Chex™	96/1 oz	1 oz eq grains
100-16000-12392-9	Total Raisin Bran™	96/1.19 oz	1 oz eq grains
100-16000-31922-3	25% Less Sugar Trix™	96/1 oz	1 oz eq grains
Nature Valley Backpacker			
100-16000-47296-6	Nature Valley™ Backpacker™ S'mores	36/1.24 oz	1 oz eq grains
100-16000-47295-9	Nature Valley™ Backpacker™ Chocolate Chip	36/1.24 oz	1 oz eq grains
Nature Valley Crisps			
100-16000-48256-9	Nature Valley™ Crisps Cinnamon	120/1.2 oz	1 oz eq grains
100-16000-48255-2	Nature Valley™ Crisps Chocolate Chip	120/1.2 oz	1 oz eq grains
Cereal Bars			
100-16000-16856-2	NEW! Peach Cheerios™ Cereal Bar 2.5 oz	48/2.5 oz	2 oz eq grains
100-16000-16853-1	NEW! Lucky Charms™ Cereal Bar 2.5 oz	48/2.5 oz	2 oz eq grains
100-16000-16854-8	Cinnamon Toast Crunch™ Cereal Bar 2.5 oz	48/2.5 oz	2 oz eq grains
100-16000-45576-1	Cinnamon Toast Crunch™	96/1.42 oz	1 oz eq grains

PRODUCT UPC	PRODUCT DESCRIPTION	CASE/PACK	MEAL PATTERN CONTRIBUTION
Cereal Bars (cont'd)			
100-16000-45577-8	Cocoa Puffs™	96/1.42 oz	1 oz eq grains
100-16000-31914-8	Team Cheerios™ Strawberry	96/1.42 oz	1 oz eq grains
100-16000-31915-5	Trix™	96/1.42 oz	1 oz eq grains
100-16000-31911-7	Apple Cinnamon Cheerios™	96/1.42 oz	1 oz eq grains
100-16000-31913-1	Golden Grahams™	96/1.42 oz	1 oz eq grains
Betty Crocker Oatmeal Bars			
100-16000-45976-9	Betty Crocker™ Oatmeal Bar Butterscotch	144/1.24 oz	1 oz eq grains
100-16000-45977-6	Betty Crocker™ Oatmeal Bar Chocolate Chip	144/1.24 oz	1 oz eq grains
100-16000-45566-2	Betty Crocker™ Oatmeal Bar Double Chocolate	144/1.24 oz	1 oz eq grains
Nature Valley Granola Bars			
100-16000-33530-8	Nature Valley™ Crunchy Oats 'n Honey (Double Bar)	108/1.49 oz	1.25 oz eq grains
100-16000-11582-5	Nature Valley™ Crunchy Oats 'n Honey (Single Bar)	144/0.74 oz	.5 oz eq grains
100-16000-11590-0	Nature Valley™ Chewy Chocolate Chunk	120/0.89 oz	.5 oz eq grains
100-16000-11591-7	Nature Valley™ Chewy Variety Pack	120/0.89 oz	.5 oz eq grains
Chex Cereal Snack Mix			
100-16000-31932-2	Simply Chex™ Cheddar	60/0.92 oz	1 oz eq grains
100-16000-31933-9	Simply Chex™ Chocolate Caramel	60/1.03 oz	1 oz eq grains
100-16000-31937-7	Simply Chex™ Strawberry Yogurt	60/1.03 oz	1 oz eq grains
100-16000-31934-6	Chex Mix™ Hot 'n Spicy	60/0.92 oz	1 oz eq grains
Annie's Products			
000-13562-00236-8	Annie's™ Bunny Grahams™ Honey	100/1.25 oz	1.25 oz eq grains
000-13562-00237-5	Annie's™ Bunny Grahams™ Friends: Choc, Choc Chip & Honey	100/1.25 oz	1 oz eq grains
100-13562-49828-1	Annie's™ Cheddar Bunnies™ Baked Snack Crackers	100/0.75 oz	1 oz eq grains
INDIVIDUALLY WRAPPED FROZEN GRAIN			
100-16000-17364-1	NEW! Nature Valley™ Frozen Soft Oatmeal Round Banana Chocolate Chip 2.32oz	72/2.32 oz	2 oz eq grains
100-16000-17365-8	NEW! Nature Valley™ Frozen Soft Oatmeal Round Apple Cinnamon 2.32oz	72/2.32 oz	2 oz eq grains
100-18000-27852-4	Pillsbury™ Frudel™ Apple	72/2.29 oz	2 oz eq grains
100-18000-27851-7	Pillsbury™ Frudel™ Cherry	72/2.29 oz	2 oz eq grains
100-18000-38399-0	Pillsbury™ Mini Bagels Cinnamon Creamy Cheese	72/2.43 oz	2 oz eq grains
100-18000-38413-3	Pillsbury™ Mini Bagels Strawberry Creamy Cheese	72/2.43 oz	2 oz eq grains
100-18000-33686-6	Pillsbury™ Mini Cinnis™	72/2.29 oz	2 oz eq grains
100-18000-37309-0	Pillsbury™ Cinnamon Rush™ Mini French Toast	72/2.64 oz	2 oz eq grains
100-18000-37308-3	Pillsbury™ Triple Berry Blast™ Mini French Toast	72/2.64 oz	2 oz eq grains
100-18000-37732-6	Pillsbury™ Maple Burst'n™ Mini Pancakes	72/3.17 oz	2 oz eq grains
100-18000-37731-9	Pillsbury™ Strawberry Splash™ Mini Pancakes	72/3.17 oz	2 oz eq grains
100-18000-16049-2	Pillsbury™ Chocolatey Chip Explosion Mini Pancakes	72/3.17 oz	2 oz eq grains

PRODUCT UPC	PRODUCT DESCRIPTION	CASE/PACK	MEAL PATTERN CONTRIBUTION
INDIVIDUALLY WRAPPED FROZEN GRAIN (CONT'D)			
100-18000-32264-7	Pillsbury™ Blueberry Bash™ Mini Waffles	72/2.47 oz	2 oz eq grains
100-18000-32265-4	Pillsbury™ Maple Madness™ Mini Waffles	72/2.47 oz	2 oz eq grains
100-1800-49979-0	Pillsbury™ Filled Crescent™ Chocolate	72/2.29 oz	2 oz eq grains
100-1800-49978-3	Pillsbury™ Filled Crescent™ Grape	72/2.29 oz	2 oz eq grains
100-18000-10978-1	Soft Filled Cinnamon Toast Crunch™ Bar	72/2.36 oz	2 oz eq grains
100-18000-11032-9	Soft Filled Cocoa Puffs™ Bar	72/2.43 oz	2 oz eq grains
100-18000-12317-9	Pillsbury™ Frozen Cheesy Pull-Apart Italian Cheeses and Garlic 3.88 oz	72/3.88oz	2 oz eq grains
100-18000-12316-2	Pillsbury™ Frozen Cheesy Pull-Apart Southwest Queso Flavor 3.88 oz	72/3.88oz	2 oz eq grains

PRODUCT UPC	PRODUCT DESCRIPTION	CASE/PACK	MEAL PATTERN CONTRIBUTION
SINGLE SERVE YOGURT			
100-70470-49295-4	Yoplait® Simply Go-GURT® Strawberry	96/2.0 oz	0.5 meat/meat alternate
000-70470-17725-0	Yoplait® Trix™ Raspberry Rainbow	48/4 oz	1 meat/meat alternate
000-70470-17726-7	Yoplait® Trix™ Strawberry Banana Bash	48/4 oz	1 meat/meat alternate
100-70470-31077-7	Yoplait® Trix™ Triple Cherry	48/4 oz	1 meat/meat alternate
000-70470-17729-8	Yoplait® Original Strawberry/Strawberry Banana	48/4 oz	1 meat/meat alternate
000-70470-17728-1	Yoplait® Original Red Raspberry/Harvest Peach	48/4 oz	1 meat/meat alternate
100-70470-15676-4	Yoplait® Smooth Yogurt Vanilla 4oz Cup K12	48/4 oz	1 meat/meat alternate
100-70470-15677-1	Yoplait® Smooth Yogurt Strawberry 4oz Cup K12	48/4 oz	1 meat/meat alternate
100-70470-15675-7	Yoplait® Smooth Yogurt Horchata 4oz Cup K12	48/4 oz	1 meat/meat alternate

BULK YOGURT			
100-70470-16632-9	Yoplait® ParfaitPro® Yogurt, Low Fat Vanilla	6/64 oz	4oz = 1 meat/meat alternate 1 Serv. = 6oz
100-70470-16631-2	Yoplait® ParfaitPro® Yogurt, Low Fat Strawberry	6/64 oz	4oz = 1 meat/meat alternate 1 Serv. = 6oz
100-70470-16067-9	Yoplait® ParfaitPro® Yogurt, Low Fat Blueberry	6/64 oz	4oz = 1 meat/meat alternate 1 Serv. = 6oz
100-70470-41167-2	Yoplait® ParfaitPro® Greek Yogurt, Fat Free Vanilla	3/64 oz	4oz = 1 meat/meat alternate 1 Serv. = 6oz

Find more exciting ways to use these products at generalmillscf.com/k12



generalmillscf.com
1-800-243-5687