

hello!

- Are you always in a hurry?
- Are you skipping breakfast?
- Are you hungry in the morning?
- Are you tired of waiting in lines?

*Relax.... We've got you covered!*

## *Coming Soon @ Your School*

*Just grab a breakfast so you can go eat where  
and when you can! **FAST & EASY!***



**~ BREAKFAST ~**

FAST Healthy NO WAIT grab TAKE NOW EAT happy RUN live JOY  
 morning STYLE yes FRIEND School COOL my choice BREAKFAST  
 Professional FUN Let's Do It GO AWESOME food ENJOY nice  
 GRAB and GO now **ALHAMBRA** BE THANKFUL ALWAYS  
 Love my SCHOOL YES Wrok Hard HONEST &  
 YUM MIND AND BODY humble ENJOY NOW fo  
 FRESH 'N' EASY veggie Unified School District kind SMILE OFTEN  
 GOOD EAT don't go hungry HEALTHY LIFE STYLE take now eat later LEARN



# GRAB 'N' GO BREAKFAST



## Why Serve a Grab 'N' Go Breakfast?

Instead of a traditional cafeteria service, **Grab 'n' Go** breakfast service brings breakfasts to the students, making it easier for them to eat breakfast at school. **Grab 'n' Go** allows students the flexibility and choice to eat breakfast **where** and **when** they want. It cuts down the serving time and waiting time in line.

## How Does a Grab 'N' Go Breakfast work?

**Grab 'n' Go** breakfasts are packaged in paper bags, boxes, or trays. Students pick up their breakfast and eat it when and where they want, within school guidelines.

Pre-packed breakfasts are served from mobile service carts located in high traffic areas such as the school entrance, cafeteria, hallways, or near the gym. A cafeteria staff member operates the cart before school, during morning break, or between classes. Items are marked with different tags: **Take Now, Eat Later** for items that can be stashed and eaten later, such as muffins and fresh fruits, or **Eat Now** for items that should be consumed immediately, such as frozen juice, hot items, or milk. Students can take the breakfast and eat it outside, in the hall, in class, or in the cafeteria, depending on what the school decides is appropriate. The serving carts are usually equipped with a computer or point of service machine.

## What Should We Expect as A Result of Grab 'N' Go?

- More students will eat breakfast at school.
- There will be better academic achievement.
- There will be a decrease in tardiness.
- There will be a decrease in nurse visits.
- There will be a decrease in school suspensions.
- There will be better social emotional learning results.
- There will be an increase in community involvement to foster a "whole" student.

**Want more information? Call Food & Nutrition Services at (626) 943-6590 or visit our website at [www.ausd.us](http://www.ausd.us)**