

# CRUNCH for LUNCH

Cereal isn't just for the A.M. In fact, it's a great way to **drive participation**, create a **full meal without meat**, and **add variety** during the lunch hour.

Explore Chef Monica's lunchtime ideas\* featuring **2 oz. equivalent grain cereal cups**—and don't forget the milk! Try them at your school, mix and match, and **tag @GeneralMillsK12 on Instagram** to show us your creations!

STEP  
**1**

Select a  
**2 oz. equivalent  
grain cereal**

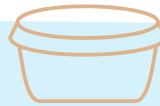


STEP  
**2**

Pair it with  
a **2 meat  
alternate**



**8 oz. ParfaitPro® Vanilla**  
(2 meat alternate)



**1 oz. Wowbutter®  
or nut butter**  
(1 meat alternate)



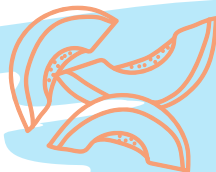
**1 oz. Sunflower seeds**  
(1 meat alternate)



**8 oz. ParfaitPro® Blueberry**  
(2 meat alternate)

STEP  
**3**

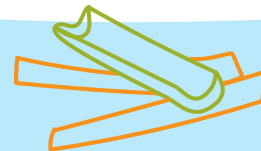
Add **fruits  
or veggies**



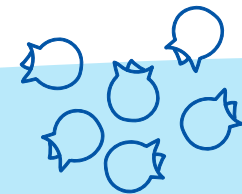
**Canned peaches**  
(1 cup fruit)



**Box of raisins**  
(½ cup fruit)



**Celery and carrot sticks**  
(1 cup vegetables)



**Blueberries**  
(1 cup fruit)

STEP  
**4**

Name it!

**DIY Peach Cobbler**

**Bees on a Branch**

**Cinnamon Rice Chex™  
Blueberry Crumble**

\*Each menu idea fulfills the 3 of 5 components required for an "Offer vs Serve" lunch and is NSLP- and SFSP-eligible.



**STEP 1**

Select a  
**2 oz. equivalent  
grain cereal**

**STEP 2**

Pair it with  
a **2 meat  
alternate**



**Cheese stick**  
(1 meat alternate)



**1 oz. Sunflower  
seeds**  
(1 meat alternate)



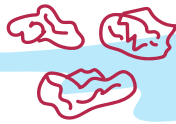
**4 oz. ParfaitPro® Strawberry  
+ 4 oz. ParfaitPro® Vanilla**  
(2 meat alternate)



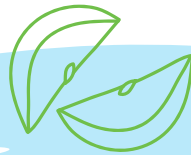
**8 oz. ParfaitPro® Strawberry**  
(2 meat alternate)

**STEP 3**

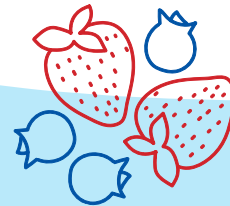
Add **fruits  
or veggies**



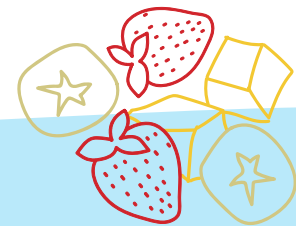
**Dried cranberries**  
(½ cup fruit)



**Apple**  
(1 cup fruit)



**Strawberries & blueberries**  
(1 cup fruit)



**Sliced bananas, canned  
pineapple, strawberries**  
(1 cup fruit)

**STEP 4**

Name it!

**Blueberry Chex™  
Trail Mix**

**Rice Chex™  
Berry Bento Box**

**Lucky Charms™  
Banana Split**

**tip** Add a 2 oz. souffle cup  
of mini chocolate chips!

**tip** Use half ParfaitPro® Vanilla and  
half Strawberry for dual-color fun!