

# GRAB-N-GO BREAKFAST INFORMATION

\*[MCPS School Nutrition website](#)

\*Virginia-specific video about breakfast—  
<https://vimeo.com/140685562>

\*Great website for information—  
<http://bestpractices.nokidhungry.org/school-breakfast>

\*[Great Starts with Breakfast informational pdf file](#)

\*[Breakfast Myths informational pdf file](#)