

GRAB & GO MEAL OPTIONS



In the Covid environment we know there have been significant changes to the dining environment and many dining areas are closed or working on modified schedules with limited offerings or service. In the next few pages you will find great Grab & Go ideas that are easy to execute and satisfy your needs for customer satisfaction, even for students in quarantine. We hope you find value and flexibility with the ideas and products suggestions.

Enjoy!

Pairing and Kit Ideas

Breakfast

Easy solutions to pair with Beverage and Fruit

- **No Prep Solutions to Go:**
 - Pillsbury™ Individually Wrapped Hot Breakfast item
 - Cereal + Yoplait® Yogurt + Nature Valley™ Granola Bar
 - Cereal Bar + Yoplait® Yogurt
- **Yoplait® Yogurt Solutions to Go:**
 - Yogurt Parfaits - Yogurt, Fruit & Nature Valley™ Granola
 - Smoothies/ Smoothie Bowls - ParfaitPro® Smoothie recipes, with Nature Valley™ Granola or Cereal Bar and topped with fruit
 - Overnight Oats, made with ParfaitPro® and topped with fruit
 - On Trend - Yogurt parfait topped with Pillsbury™ Mini Pancake or Lucky Charms™ cereal
- **Pillsbury™ Biscuits to Go:**
 - Biscuits with sausage and gravy
 - Biscuit sandwiches - egg, bacon or sausage & cheese



Breakfast with a Twist

- Pillsbury™ Stuffed Waffle - filled with sausage, egg and cheese
- Slider day - featuring breakfast sliders utilizing a variety of carriers: mini biscuits, IW mini pancakes or waffles. Sliders to contain a combination of egg, protein and cheese
- Making the Ordinary, Unique - Pillsbury™ Biscuits in waffle iron/ panini and topped with fried chicken
- Bento Breakfast boxes filled with hard boiled eggs, yogurt, fruit, granola, mini waffles or pancakes, nuts, cheese or anything!
- Coffee Shop breakfast - upscale coffee paired with coffee shop baked goods: Pillsbury™ Cinnamon rolls, Pillsbury™ scones or Pillsbury™ muffins



Pairing and Kit Ideas

Lunch & Dinner

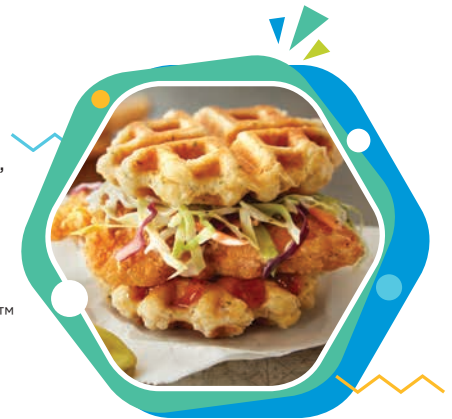
Easy solutions to pair with Beverage, Chip or Snack and Dessert

- **Solutions to Go:**
 - Grilled Cheese and Tomato Soup - New Pillsbury™ Cheesy Pull Aparts paired with Tomato Soup and Annie's™ Cheddar Bunnies
 - Pillsbury™ Stuffed Waffle (filled with bacon or sausage, egg & cheese) paired with Chex Mix™ and dessert
 - Deluxe PB&J - Pillsbury™ Grape Crescent paired with Betty Crocker™ Fruit Snacks and Nature Valley™ Sweet & Salty Peanut Bar
 - Breakfast for Lunch - Pillsbury™ Mini Pancakes or Waffles with a cup of syrup or Pillsbury™ Mini Cinni with frosting cup paired with a General Mills cereal and milk
- **Make Mine with a Biscuit:**
 - Pillsbury™ Biscuit sandwiches using fillings such as BBQ Chicken and NY Deli Club paired with Chex Mix™
 - Chicken & Waffle - Make a savory waffle with Pillsbury™ Biscuits in a waffle maker served with greens, grits, corn, and chutney, Food Should Taste Good™ chips
 - Chili Cheese Filled Baked Biscuit Bowls made from Pillsbury™ biscuits paired with Pillsbury™ Mini Cinnamon Rolls
- **Dinner is Served:**
 - Individual pot pies using Pillsbury™ Pot Pie Dough served with roasted vegetables and a fruit salad
 - Chicken & Pillsbury™ Biscuits with a variety of portable options served with roasted vegetables or a mixed green salad
 - Chicken & Dumplings made from cut up Pillsbury™ Biscuits



Lunch & Dinner With A Twist

- **Thanksgiving Anyday:**
 - Biscuit turkey sandwich topped with cranberry sauce, stuffing, and cheese, paired with a Pillsbury™ Mini Cinni or Frudel with cup icing for dessert
- **St Patricks All Day:**
 - Breakfast: Feature Lucky Charms™ cereal or cereal bars in breakfast kits
 - Lunch/Dinner: Corned Beef Pretzel Biscuit Sandwich with a Lucky Charms™ Marshmallow Bar
- **Tailgate kits:**
 - BBQ & Slaw Mini Pillsbury™ Biscuit Sliders paired with Chex Mix™
- **Waffles every day all day:**
 - Waffle tacos, sandwiches, bento boxes, savory waffle cones, etc. All paired with beverage and fruit
- **Empanada buffet to go** - Variety of Empanadas made with Pillsbury™ Pie Dough Rounds (Green chicken chili, Bacon egg and cheese, Chili cheese dog empanadas)



Pairing and Kit Ideas

Coffee Shop To Go

Pair a beverage of your choice with these great Products!

- Seasonal Muffins using Pillsbury™ muffin batter or Gold Medal muffin mix
- Pillsbury™ Scones
- Pillsbury™ Cinnamon Rolls or Mini Cinnamon Rolls snack pack
- Pillsbury™ Coffee cake with streusel topping
- Pillsbury™ Biscotti (made from scone dough)
- Yoplait® Yogurt and fruit parfait
- Smoothies or Smoothie Bowls
- Overnight Oats with ParfaitPro®
- Savory Yogurt Parfait paired with fruit slices and cut vegetables



Snacks All Day

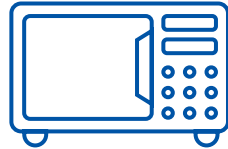
- Cereal favorite snack mixes - variety of individually wrapped portions of cereal snack mixes (Reese's Puffs™ popcorn, breakfast at midnight, Bloody Mary spiced snack mix)
- Sweet and salty roommate package - packaging sweet goods with Chex Mix™. (Cinnamon rolls and Chex Mix™; lemon bars and Chex Mix™; brownies and Chex Mix™)
- Travel home kits - Nature Valley™ granola bars, apple, Food Should Taste Good™ chips, cheese stick
- Late night snack kit - assortment of topped brownies, wrapped; popcorn, Food Should Taste Good™ chips
- Late night recovery kit - breakfast biscuit sandwiches with egg, pepper jack cheese, bacon, hashed brown potatoes and Siracha sauce
- Shakes, shakes and more shakes - S'mores cereal shakes with Golden Grahams™ cereal



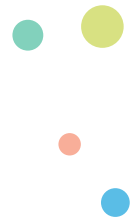
Easy Prep Instructions for Individually Wrapped Hot Breakfast Products



Scan
QR Code



for Prep and
Microwave Instructions.



Individually Wrapped Solutions

- Eliminates BOH labor & touchpoints
- Thaw & Server or Heat & serve: Heat Safe packaging
- Breakfast favorites, individually wrapped
- For easy Grab N Go!!



No Prep

Items that require no back-of-house preparation and arrive ready-to-serve.



Low Prep

Items that require, or include as a serving option, very minimal back-of-house



Individually Wrapped Options Meal Components

Frozen Breakfast

Individually Wrapped

UPC Code	Product	Pack/Yield
10018000377326	Pillsbury™ Mini Pancakes Maple Burst'n™ Vegetarian	72/3.53 oz. pouches
10018000377319	Pillsbury™ Mini Pancakes Strawberry Splash™ Vegetarian	72/3.53 oz. pouches
10018000499783	Pillsbury™ Filled Crescent, Grape Vegetarian	72/2.29 oz. packages
10018000499790	Pillsbury™ Filled Crescent, Chocolate Vegetarian	72/2.29 oz. packages
10018000383990	Pillsbury™ Mini Bagels - filled with Cinnamon Creamy Cheese Vegetarian	72/2.43 oz. packages
10018000384133	Pillsbury™ Mini Bagels - filled with Strawberry Creamy Cheese Vegetarian	72/2.43 oz. packages
10018000278524	Pillsbury™ Frudel™ - Apple Vegetarian	72/2.29 oz. packages
10018000278517	Pillsbury™ Frudel™ - Cherry Vegetarian	72/2.29 oz. packages
10018000336866	Pillsbury™ Mini Cinnis Vegetarian	72/2.29 oz. pouches
10018000373090	Pillsbury™ Mini French Toast Cinnamon Rush™ Vegetarian	72/2.64 oz. pouches
10018000373083	Pillsbury™ Mini French Toast Triple Berry Blast™ Vegetarian	72/2.64 oz. pouches
10018000322647	Pillsbury™ Mini Waffles Blueberry Bash Vegetarian	72/2.47 oz. pouches
10018000322654	Pillsbury™ Mini Waffles Maple Madness Vegetarian	72/2.47 oz. pouches

IW Cheesy Pull Aparts

Individually Wrapped

UPC Code	Product	Pack/Yield
10018000123179	Pillsbury™ Frozen Cheesy Pull-Apart Italian Cheeses and Garlic 3.88oz	72/3.88 oz.
10018000123162	Pillsbury™ Frozen Cheesy Pull-Apart Southwest Queso Flavor 3.88oz	72/3.88 oz.

Nature Valley™ Oatmeal Rounds

UPC Code	Product	Pack/ Yield
10016000173641	Nature Valley™ Frozen Soft Oatmeal Round Banana Chocolate Chip 2.32oz	72/2.32 oz
10016000173658	Nature Valley™ Frozen Soft Oatmeal Round Apple Cinnamon 2.32oz	72/2.32 oz

Frozen Stuffed Waffle

UPC Code	Product	Pack/ Yield
10018000114884	Stuffed Sausage Waffle	



Other Potential Grab & Go Meal Components

Cereals

Bowlpak - Straightpack

UPC Code	Product	Pack/Yield
10016000318790	Apple Cinnamon Cheerios™ Vegetarian	96/1 oz.
10016000119410	Cheerios™ small bowl	96/0.69 oz.
10016000322629	Cheerios™ large bowl	96/1 oz.
10016000383873	Cinnamon Chex™	96/1 oz.
10016000118154	Cinnamon Toast Crunch™	96/1 oz.
10016000294445	Cinnamon Toast Crunch™ 25% Less Sugar	96/1 oz.
10016000318882	Cocoa Puffs™ 25% Less Sugar	96/1.063 oz.
10016000332130	Corn Chex™	96/1 oz.
10016000119687	Country Corn Flakes™	96/0.69 oz.
10016000117683	Frosted Corn Flakes™	96/1 oz.
10016000319162	Fruity Cheerios™	96/1.125 oz.
10016000119434	Golden Grahams™	96/1 oz.
10016000119182	Honey Nut Cheerios™	96/1 oz.
10016000118666	Honey Nut Chex™	96/1.125 oz.
10016000119427	Kix™	96/0.62 oz.
10016000319179	Lucky Charms™	96/1 oz.
10016000322636	Multi Grain Cheerios™	96/1 oz.
10016000319193	Reese's Puffs™	96/1 oz.
10016000475950	Rice Chex™ small bowl	96/0.68 oz.
10016000319216	Rice Chex™ large bowl	96/1 oz.
10016000123929	Total™ Raisin Bran	96/1.18 oz.
10016000319223	Trix™ 25% Less Sugar	96/1 oz.

2 oz Equivalent Grain Cereals

UPC Code	Product	Pack/Yield
10016000148830	Cinnamon Chex™, K12	60/2 oz.
10016000148861	Cinnamon Toast Crunch™, 25% Less Sugar, K12	60/2 oz.
00016000289321	Cinnamon Toast Crunch™, K12	60/2 oz.
10016000148854	Cocoa Puffs™, 25% Less Sugar, K12	60/2 oz.
10016000148823	Honey Nut Cheerios™, K12	60/2 oz.
10016000148847	Lucky Charms™, K12	60/2 oz.

Cup - Convenience Tray Packs

UPC Code	Product	Pack/Yield
0016000138964	Cheerios™ Cereal in a Cup 6 ct Tray	60/1.3 oz. eq
0016000138978	Cinnamon Toast Crunch™ Cereal in a Cup 6 ct Tray	60/2 oz. eq
0016000138985	Honey Nut Cheerios™ Cereal in a Cup 6 ct Tray	60/1.8 oz. eq
0016000138992	Lucky Charms™ Cereal in a Cup 6 ct Tray	60/1.7 oz. eq

Cup - Foodservice Assorted Packs

UPC Code	Product	Pack/Yield
10016000310794	GMI ADULT PACK CEREAL ASSORTED CUP	60/various weights
10016000141510	GMI CEREAL IN A CUP FMLY ASRTD PK	60/various weights
10016000166639	GMI GLUTEN FREE VARIETY PACK CUP	60/various weights
10016000311548	GMI CEREAL IN A CUP GOODNESS ASRTD PK	60/various weights

Bulkpak - Granola

UPC Code	Product	Pack/Yield
10021908127726	Cascadian Farm™ Oats & Honey Granola Vegetarian	4/44 oz.
10016000271118	Nature Valley™ Granola Oats & Honey Vegetarian	4/50 oz.
10016000119878	Nature Valley™ Oats & Fruit Granola Vegetarian	4/50 oz.
10016000378541	Nature Valley™ Parfait Granola	4/50 oz.
10016000154985	Nature Valley™ Granola Oats & Dark Chocolate Vegetarian	4/50 oz.



Yogurt

Yoplait® Traditional, 6 oz - Original

UPC Code	Product	Pack/Yield
10070470003020	Mountain Blueberry	12/6 oz.
10070470003037	Cherry Orchard	12/6 oz.
10070470003235	French Vanilla	12/6 oz.
10070470003075	Harvest Peach	12/6 oz.
10070470003068	Lemon Burst	12/6 oz.
10070470003105	Mixed Berry	12/6 oz.
10070470003013	Red Raspberry	12/6 oz.
10070470003006	Strawberry	12/6 oz.
10070470003136	Strawberry Banana	12/6 oz.
10070470144143	Variety Pack (Mixed Berry, Blueberry, Strawberry)	18/6 oz.

Yoplait® Traditional, 6 oz - Light

UPC Code	Product	Pack/Yield
10070470006526	Blueberry Patch	12/6 oz.
10070470006533	Very Cherry	12/6 oz.
10070470006557	Harvest Peach	12/6 oz.
10070470006656	Key Lime Pie	12/6 oz.
10070470006519	Red Raspberry	12/6 oz.
10070470006540	Strawberries 'N Bananas	12/6 oz.
10070470006502	Strawberry	12/6 oz.
10070470006434	Very Vanilla	12/6 oz.
10070470188222	Variety Pack (Blueberry, Peach, Strawberry)	24/6 oz.

Yoplait® Bulk Yogurt - ParfaitPro®

UPC Code	Product	Pack/Yield
10070470166312	Lowfat Strawberry Vegetarian	6/64 oz.
10070470166329	Lowfat Vanilla Vegetarian	6/64 oz.
10070470160679	LowFat Blueberry Vegetarian	6/64 oz.

Yoplait® Bulk Yogurt - ParfaitPro® Greek

UPC Code	Product	Pack/Yield
10070470411672	Vanilla Vegetarian	3/64 oz.

Yoplait® Bulk Yogurt - ParfaitPro® Max

UPC Code	Product	Pack/Yield
10070470320721	Vanilla Vegetarian	2/16 lb.



Other Potential Grab & Go Meal Components

Snacks

Betty Crocker™ Fruit Flavored Snacks

UPC Code	Product	Pack/Yield
10016000121062	Berry Tie Dye™ Reduced Sugar Fruit By The Foot™ Vegetarian	96/0.75 oz.
10016000115610	Crazy Colors™ Reduced Sugar Fruit Roll-Ups™ Vegetarian	96/0.5 oz.
10016000115665	Hot Colors™ Reduced Sugar Fruit Roll-Ups™ Vegetarian	96/0.5 oz.
10016000115108	Scooby-Doo™ Fruit Shapes™ Vegetarian	96/0.9 oz.
10016000149158	Strawberry Gushers™	96/0.8 oz.
10016000291628	Strawberry Reduced Sugar Fruit Roll-Ups™ Vegetarian	96/0.5 oz.
10016000117003	Variety Pack Reduced Sugar Fruit by the Foot™ (Strawberry, Color by the Foot™) Vegetarian	96/0.75 oz.

Cereal Bars

UPC Code	Product	Pack/Yield
10016000319117	Apple Cinnamon Cheerios™	96/1.42 oz. bars
10016000455761	Cinnamon Toast Crunch™	96/1.42 oz. bars
10016000455778	Cocoa Puffs™	96/1.42 oz. bars
10016000319124	Fruity Cheerios™	96/1.42 oz. bars
10016000319131	Golden Grahams™	96/1.42 oz. bars
10016000319148	Team Cheerios™	96/1.42 oz. bars
10016000319155	Trix™	96/1.42 oz. bars

Nature Valley™ Granola Bars

UPC Code	Product	Pack/Yield
10016000115900	Chewy, Chocolate Chunk™ Vegetarian	120/0.89 oz. bars
10016000115917	Chewy, Variety (Chocolate Chunk, Oatmeal Raisin)™ Vegetarian	120/0.89 oz. bars
10016000151205	Chewy Fruit & Nut Bar, Trail Mix† Vegetarian	128/1.2 oz. bars
10016000335308	Crunchy, Oats 'N Honey, Double† Vegetarian	108/1.5 oz. bars
10016000115825	Crunchy, Oats 'N Honey, Single† Vegetarian	144/0.74 oz. bars
10016000335506	Crunchy, Peanut Butter, Double† Vegetarian	108/1.5 oz. bars
10016000115849	Crunchy, Peanut Butter, Single† Vegetarian	144/0.74 oz. bars
10016000420684	Sweet and Salty Bar, Almond† Vegetarian	128/1.2 oz. bars
10016000420677	Sweet and Salty Bar, Peanut† Vegetarian	128/1.2 oz. bars
10016000155541	Granola Bar Core Variety Pack* (NV Crunchy Oats N Honey, NV Crunchy Peanut Butter, NV Sweet & Salty Peanut) Vegetarian	70/25.04 oz. bars

Chex Mix™

UPC Code	Product	Pack/Yield
00016000139107	Bold Party Blend	60/1.75 oz.
10016000124070	Bold Party Blend - Bulk†	10/32.5 oz.
00016000124080	Cheddar!™ Vegetarian	60/1.75 oz.
00016000199095	Honey Nut† Vegetarian	60/1.75 oz.
10016000319346	Hot 'n Spicy†	60/0.92 oz.
10016000319322	Simply Chex™, Cheddar!™ Vegetarian	60/0.92 oz.
10016000319339	Simply Chex™, Chocolate Caramel!™ Vegetarian	60/1.03 oz.
10016000319377	Simply Chex™, Strawberry Yogurt!™ Vegetarian	60/1.03 oz.
00016000124004	Traditional† Vegetarian	60/1.75 oz.
00016000220508	Traditional, Bulk† Vegetarian	10/31 oz.

Food Should Taste Good™ Chips

UPC Code	Product	Pack/Yield
10021908812257	Blue Corn Vegan/Vegetarian	24/1.5 oz.
10021908812271	Jalapeno Vegan/Vegetarian	24/1.5 oz.
00021908812335	Multigrain Vegan/Vegetarian	24/1.5 oz.
00021908812373	Sweet Potato Vegetarian	24/1.5 oz.

Annie's® Bunny Snacks®

UPC Code	Product	Pack/Yield
13562002375	Annie's® Organic Bunny Grahams™ Friends Vegetarian	100/1.25 oz.
13562002368	Annie's® Organic Bunny Grahams™ Honey Vegetarian	100/1.25 oz.
10013562498281	Annie's® Organic Cheddar Bunnies™ Vegetarian	100/0.75 oz.

Pillsbury™ Ready to Eat Mini Cakes and Muffins

UPC Code	Product	Pack/Yield
38431000	Pillsbury™ Minis, Coffee Cake	
38434000	Pillsbury™ Minis, Blueberry Muffins	
38427000	Pillsbury™ Minis, Chocolate Chip Muffins	

Pillsbury™ Mini Cookies

UPC Code	Product	Pack/Yield
18000510689	Chocolate Chip	
18000515417	Double Chocolate	



For great recipe ideas go to www.genmillscf.com and search categories suggested below



Biscuit Sandwiches



Parfaits



Smoothies



Breakfast Bowls



Waffles



Upscale Biscuit Sandwiches



Savory Parfait



Empanadas



Fruit Pies / Handheld



Variety of Portable Entrees Including Waffle Sandwiches, Pot Pies, etc




Variety of Bulk Cereal Ideas

A Complete Listing of General Mills Items can be found below







**POCKET
PRODUCT GUIDE**

 **General Mills**
Convenience
& Foodservice



The Best Brands For Your Business
Pricing and Products Effective June 1, 2020

For more Great Recipes please visit us at
www.genmillscf.com