



BREAKFAST TIME

Middle School Café

Free Breakfast and Lunch Available to All Students when School is in Session

MONDAY – FRIDAY ~ 8:10 a.m. – 8:35 a.m.

CREATE YOUR OWN COMBOS

Hot Breakfast Sandwich Combo

Your Choice of Egg & Cheese or Sausage, Egg & Cheese WG Breakfast Bagel
Served with Choice of Fruit or Vegetable (must take at least ½ cup, may select 2)
and Choice of Milk: 1% White, Fat-Free White or Fat-Free Chocolate

Continental Breakfast Combo

Breakfast Grains: You must select at least 1 portion from this area. However, you may select up to 2 portions.

Juice or Fruit: You must select at least 1 portion from this area. However, you may select to 2, but only 1 can be a juice.

Milk: You may choose 1 milk - 1% White, Fat-Free White or Fat-Free Chocolate

Whole Grains that Count as 1 Portion

Cereal	Muffin	Animal Crackers	Nutri-Grain Bar
Mini Loaf	Chat Snacks	Annie’s Bunnies	Bug Bites
Cheez-Its	Belly Bears	Vanilla Wafers	Goldfish
Elf Grahams	Crispy Bites	Scooby Snacks	Lemon Blueberry Bites
Doughnuts			

Whole Grains that Count as 2 Portions

Crunch Mania	Apple Frudel	UBR Rounds	Waffle Snaps
Cinnaminis	Cinnamon Roll	Bagel	

What is a Meal: You must choose at least 3 of the 4 components available for a complete school breakfast. Choice of whole grain or grain/protein; choice of fruit or vegetable (must take at least a ½ cup) and choice of milk.

Whole Grain Cereal Selection May Include: Reduced-Sugar Cinnamon Toast Crunch, Reduced-Sugar Trix, Reduced-Sugar Cocoa Puffs, Reduced-Sugar Froot Loops, Cheerios, Rice Chex, Cinnamon Chex, or Rice Krispies

Whole Grain Pastries & Crackers May Include: Assorted Muffins & Mini Loaves, Assorted Nutri-Grain Bars, Bug Bites, Cheese-Itz, Scooby Snacks, Waffle Snaps, Crunch Mania, Annie’s Bunnies, Cinna Minis, Chat Snacks, Berry Animal Crackers, Cinnamon Bites, Vanilla Wafers, UBR Rounds, Elf Crackers, Cocoa Crispy Bites, Granola Crispy Bites, Lemon Blueberry Bites, Apple Frudel, Belly Bears, or Doughnuts.

Fruit May Include: Canned peaches, applesauce, pears, pineapple, fruit cocktail, Mandarin oranges, 100% juice (apple, orange, berry), apples, bananas, and oranges

