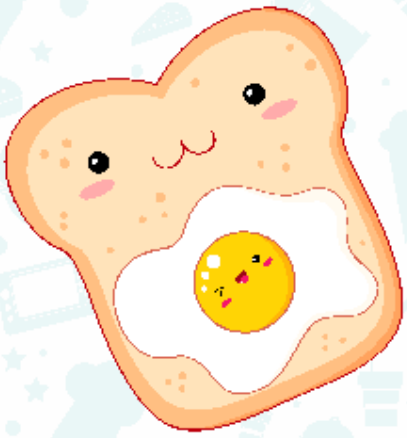

BREAKFAST TIME

Wilson 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

Homemade Fruit Smoothie Combo

This is a complete meal in a glass. However, you may add your choice of 1 single grain.

Whole Grains that Count as 1 Portion

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

Whole Grains that Count as 2 Portions

Donut Hole Cup	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,Cheerios, Rice Chex, Cinnamon Chex, or Rice Krispies

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

Menu subject to change based on availability. USDA is an equal opportunity provider and employer.