



Wilson School District Breakfast Options

ELEMENTARY SCHOOL BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Whole Grain Cereals and Poptarts Offered Daily				
Pillsbury Strawberry or Cinnamon Filled Bagels	WG Muffins including Blueberry, Banana, Chocolate Chip and Apple Cinnamon	Caramel or Cinnamon Mini Cinnis	WG Mini Blueberry or Chocolate Glazed Donut Holes	Egg & Cheese on a Whole Grain Croissant
Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice
Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk

MIDDLE SCHOOL BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Whole Grain Cereals, Muffins, and Poptarts Offered Daily				
Pillsbury Strawberry or Cinnamon Filled Bagels	New York Bagelry Chocolate Chip Muffins	Caramel or Cinnamon Mini Cinnis	WG Mini Blueberry or Chocolate Glazed Donut Holes	Egg & Cheese on a Whole Grain Croissant
Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice
Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk

HIGH SCHOOL BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Bagels, Muffins, Cinnamon Buns, WG Cereals, WG Donuts, WG Pop Tarts, String Cheese & Yogurt Parfaits Offered Daily				
Whole Grain Cinnamon Roll	Bacon Egg & Cheese on a Whole Grain English Muffin or Croissant	Sausage, Egg & Cheese on a Whole Grain English Muffin or Croissant	Caramel or Cinnamon Mini Cinnis	Egg & Cheese on a Whole Grain English Muffin or Croissant
Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice	Choice of Fresh Fruit, Fruit Cups, and 100% Fruit Juice
Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk	Choice of 1% White or 1% Chocolate Milk

This institution is an equal opportunity employer and provider. Menu subject to change without notice.