








Walker County Schools



START YOUR DAY WITH BREAKFAST



Breakfast Menu 2015 - 2016

Monday	Tuesday	Wednesday	Thursday	Friday
 INSERVICE DAY NO SCHOOL	Sausage Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 5	Pastry OR Cereal Choice Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 6	Chicken Biscuit OR Pop Tart Yogurt Peaches/ Fresh Fruit / Juice Choice Milk Choice 7	Egg & Cheese Croissant OR French Toast Sticks Raisins / Fresh Fruit / Juice Choice Milk Choice 8
Pancakes OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 11	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 12	Breakfast Pizza OR Cereal Choice Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 13	Sausage Biscuit OR Pop Tart Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 14	Egg & Cheese Croissant OR Pastry Peaches / Fresh Fruit / Juice Choice Milk Choice 15
 MLK Day School Holiday 18	Sausage Biscuit OR Cereal Choice Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 19	Pancake Sausage on Stick OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 20	Egg & Cheese Croissant OR Chicken Biscuit Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 21	Breakfast Pizza OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 22
Pancake Sausage on Stick OR Cheese Toast Pears / Juice Choice/ Fresh Fruit Milk Choice 25	Sausage Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 26	Pastry OR Cereal Choice Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 27	Chicken Biscuit OR Pop Tart Yogurt Peaches/ Fresh Fruit / Juice Choice Milk Choice 28	Egg & Cheese Croissant OR French Toast Sticks Raisins / Fresh Fruit / Juice Choice Milk Choice 29
 OUR BISCUITS ARE BACK		 1/2 cup of fruit/juice must be on your plate.		

Breakfast provides 25% of a child's RDA (Recommended Dietary Allowance). Skipping breakfast lowers academic performance, which can lead to other problems for students. A good breakfast whether eaten at home or at school provides nutritious, healthy food choices including fruit and whole grain products. Only 15% of students eat fruit as recommended by the Food Guide Pyramid. Good health is precious.

Help your child make good choices.

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD

"This institution is an equal opportunity provider."