

Walker County School




START YOUR DAY WITH BREAKFAST



School Breakfast makes everyone a Superhero.

Breakfast Menu 2016 - 2017

Monday	Tuesday	Wednesday	Thursday	Friday
 Try our breakfast parfaits.		 ½ cup of fruit or fruit juice must be on your plate.		
Biscuit OR Cereal Choice Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 3	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 4	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Crackers Strawberries / Fresh Fruit / Juice Choice Milk Choice 5	Chicken Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 6	Egg & Cheese Croissant OR French Toast Sticks Raisins / Fresh Fruit / Juice Choice Milk Choice 7
 No School 10	 No School 11	Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 12	Sausage Biscuit OR Pop Tart Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 13	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Crackers Peaches / Fresh Fruit / Juice Choice Milk Choice 14
French Toast Sticks OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 17	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 18	Pancake Sausage on Stick OR Cheese Toast Strawberries / Fresh Fruit/ Juice Choice Milk Choice 19	Egg & Cheese Croissant OR Chicken Biscuit Spiced Apples / Fresh Fruit/ Juice Choice Milk Choice 20	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 21
Biscuit OR Cereal Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 24	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 25	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Crackers Strawberries / Fresh Fruit / Juice Choice Milk Choice 26	Chicken Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 27	Egg & Cheese Croissant OR French Toast Sticks Raisins / Fresh Fruit / Juice Choice Milk Choice 28
Pancakes OR Cheese Toast Mixed Fruit / Fresh Fruit/ Juice Choice Milk Choice 31	 <p>MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. 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.</p>			