








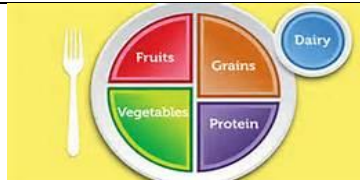
START YOUR DAY WITH BREAKFAST

Walker County Schools

January



Breakfast Menu 2016 – 2017

Monday	Tuesday	Wednesday	Thursday	Friday
 No School Teacher In service Day 2	 No School Teacher In service Day 3	Biscuit OR Cereal Choice Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 4	Sausage Biscuit OR Pop Tart Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 5	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Dried Fruit / Fresh Fruit / Juice Choice Milk Choice 6
French Toast Sticks OR Cinnamon Toast Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 9	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 10	Pancake Sausage on Stick OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 11	Egg & Cheese Croissant OR Chicken Biscuit Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 12	Biscuit OR Pop Tart Yogurt Blueberries / Fresh Fruit / Juice Choice Milk Choice 13
 MLK Day School Holiday 16	Biscuit OR Cereal Choice Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 17	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Applesauce / Fresh Fruit / Juice Choice Milk Choice 18	Chicken Biscuit OR Pop Tart Yogurt Strawberries/ Fresh Fruit / Juice Choice Milk Choice 19	Egg & Cheese Croissant OR French Toast Sticks Raisins / Fresh Fruit / Juice Choice Milk Choice 20
Pancakes OR Cheese Toast Mixed Fruit / Fresh Fruit/ Juice Choice Milk Choice 23	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 24	Biscuit OR Cereal Choice Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 25	Sausage Biscuit OR Pop Tart Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 26	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Dried Fruit / Fresh Fruit / Juice Choice Milk Choice 27
French Toast Sticks OR Cinnamon Toast Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 30	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 31			 ½ cup of fruit or juice must be on your tray.

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

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