


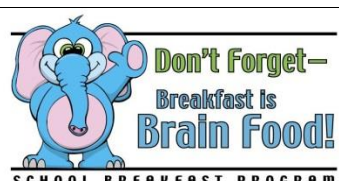
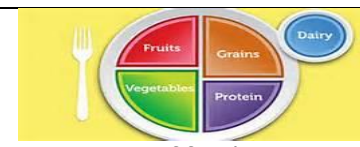
Walker County Schools



Breakfast Menu 2018-2019

Start every school day with
a School's Breakfast

START YOUR DAY WITH BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		 <p>½ cup of fruit/juice must be on your plate.</p>	1st Day of School Chicken Biscuit OR Pop Tart Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 2	Egg & Cheese Croissant OR Cinnamon Rolls Strawberries / Fresh Fruit / Juice Choice Milk Choice 3
Pancakes OR Cheese Toast Blueberries / Fresh Fruit / Juice Choice Milk Choice 6	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 7	Biscuit OR Cereal Choice Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 8	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 9	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples/ Fresh Fruit / Juice Choice Milk Choice 10
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 13	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 14	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 15	Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 16	Biscuit OR Pop Tart Yogurt Peaches/ Fresh Fruit / Juice Choice Milk Choice 17
Biscuit OR Cereal Choice Yogurt Pears / Juice Choice/ Fresh Fruit Milk Choice 20	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 21	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Peaches / Fresh Fruit / Juice Choice Milk Choice 22	Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 23	Egg & Cheese Croissant OR Cinnamon Rolls Pears / Fresh Fruit / Juice Choice Milk Choice 24
Pancakes OR Cheese Toast Blueberries / Fresh Fruit / Juice Choice Milk Choice 27	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 28	Biscuit OR Cereal Choice Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 29	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 30	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 31

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.



School Payments Made Easy
 From the cafeteria to the classroom, pay
 anytime, anywhere from your computer or
 smartphone at walkerschools.org