

Walker County School



START EVERY DAY
WITH BREAKFAST



Breakfast Menu 2017 – 2018



**BE WISE
EAT BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>½ cup of fruit or juice must be on your tray.</p>			
Pancakes OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk 4	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 5	Biscuit OR Cereal Choice Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 6	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 7	Egg & Cheese Croissant OR Cinnamon Rolls Raisins / Fresh Fruit / Juice Choice Milk Choice 1
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 11	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 12	Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 13	Egg & Cheese Croissant OR Chicken Biscuit Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 14	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Peaches / Fresh Fruit / Juice Choice Milk Choice 8
Biscuit OR Cereal Choice Yogurt Pears / Fresh Fruit / Juice Choice Milk 18	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 19		<p>HOLIDAY BREAK December 20th – January 5th NO SCHOOL</p>	
			<p>Happy Holidays From All of the Walker County School Nutrition Workers</p>	 <p>See you on January 8, 2018</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.