






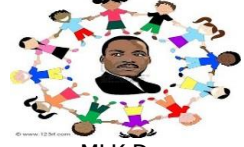



Walker County Schools



START YOUR DAY WITH BREAKFAST



Breakfast Menu 2017 - 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
|   |  | |  <p>INSERVICE DAY NO SCHOOL 4</p> |  <p>INSERVICE DAY NO SCHOOL 5</p> |
| Pancakes OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 8 | Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 9 | Biscuit OR Cereal Choice Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 10 | Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 11 | Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 12 |
|  <p>MLK Day School Holiday 15</p> | Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 16 | Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 17 | Egg & Cheese Croissant OR Chicken Biscuit Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 18 | Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 19 |
| Biscuit OR Cereal Choice Yogurt Pears / Juice Choice/ Fresh Fruit Milk Choice 22 | Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 23 | Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Apricots / Fresh Fruit / Juice Choice Milk Choice 24 | Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 25 | Egg & Cheese Croissant OR Cinnamon Rolls Peaches / Fresh Fruit / Juice Choice Milk Choice 26 |
| Pancakes OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 29 | Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 30 | Biscuit OR Cereal Choice Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 31 |  <p>½ cup of fruit/juice must be on your plate.</p> |   |

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.