

Walker County Schools



MARCH

Breakfast Menu 2019 - 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>½ cup of fruit/juice must be on your plate.</p>			
<p>National School Breakfast Week March 2 - 6</p>				
Stardust Pancakes OR Moon Beam Cheese Toast <u>Meteor Shower of Fruit</u> Pears / Fresh Fruit / Astronaut Juice Choice Planetary Milk Choice 2	Orbital Sausage Biscuit OR Asteroid Yogurt Parfait w/ Over the moon Graham Cracker <u>Meteor Shower of Fruit</u> Applesauce / Fresh Fruit/ Astronaut Juice Choice Planetary Milk Choice 3	Meteorite Breakfast Pizza OR Blastoff Pancake Sausage on Stick <u>Meteor Shower of Fruit</u> Peaches / Fresh Fruit / Astronaut Juice Choice Planetary Milk Choice 4	Rocket Chicken Biscuit OR First In Space Cereal Milky Way Yogurt <u>Meteor Shower of Fruit</u> Strawberries / Fresh Fruit / Astronaut Juice Choice Planetary Milk Choice 5	Big Bang Egg & Sausage Burrito OR Galaxy Pastry Pop Tart Milky Way Yogurt <u>Meteor Shower of Fruit</u> Apricots / Fresh Fruit/ Astronaut Juice Choice Planetary Milk Choice 6
French Toast Sticks OR Cheese Toast Raisins / Fresh Fruit / Juice Choice Milk Choice 9	Biscuit OR Yogurt Parfait w/ Graham Cracker Applesauce / Fresh Fruit / Juice Choice Milk Choice 10	Chicken Biscuit OR Cinnamon Toast Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 11	Sausage Biscuit OR Cereal Choice Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 12	Green Eggs & Ham Biscuit OR Pop Tart Yogurt Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 13
Sausage Biscuit OR Cheese Toast Raisins / Fresh Fruit / Juice Choice Milk Choice 16	Cinnamon Rolls OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 17	Breakfast Pizza OR Cinnamon Toast Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 18	Chicken Biscuit OR Egg & Cheese Croissant Apricots / Fresh Fruit / Juice Choice Milk Choice 19	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 20
Pancakes OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk Choice 23	Sausage Biscuit OR Yogurt Parfait w/ Graham Cracker Applesauce/ Fresh Fruit / Juice Choice Milk Choice 24	Breakfast Pizza OR Pancake Sausage on Stick Peaches / Fresh Fruit / Juice Choice Milk Choice 25	Chicken Biscuit OR Cereal Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 26	Egg & Sausage Burrito OR Pop Tart Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 27

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.

If you have difficulty communicating with us or understanding this information because you do not speak English or have a disability, please let us know.

Contact 706-638-7971. Free language assistance or other aids and services are available upon request. Español: Si tiene dificultades para comunicarse con nosotros, o para entender esta información porque no habla inglés o tiene alguna discapacidad, por favor infórmenos. Comuníquese con 706/638-7971. Tenemos disponibilidad de servicios gratuitos de ayuda en otros idiomas y otro tipo de asistencia y servicios cuando lo solicite.

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD

This institution is an equal opportunity provider.

PLAIN BISCUIT OR CEREAL WILL BE A CHOICE DAILY.