

Walker County Schools



START YOUR DAY WITH BREAKFAST



Breakfast Menu 2018 – 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>School Payments Made Easy From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone at walkerschools.org</p>	<p>½ cup of fruit or juice must be on your tray.</p>	<p>March 2nd</p>	<p>Dr. Seuss' Birthday Celebration Green Eggs & Ham Croissant OR Cinnamon Rolls Peaches / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">1</p>
<p>Nation School Breakfast Week March 4 - 8</p>				
Pancakes OR Cheese Toast Raisins / Fresh Fruit / Juice Choice Milk Choice 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 Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 8
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 11	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 12	Cinnamon Rolls OR Cereal Choice Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 13	Chicken Biscuit OR Egg & Cheese Croissant Blueberries / Fresh Fruit / Juice Choice Milk Choice 14	Biscuit OR Pop Tart Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 15
French Toast Sticks OR Cereal Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 18	Sausage Biscuit OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 19	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Apricots / Fresh Fruit / Juice Choice Milk Choice 20	Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 21	Egg & Cheese Croissant OR Cinnamon Rolls Peaches / Fresh Fruit / Juice Choice Milk Choice 22
Pancakes OR Cheese Toast Raisins / Fresh Fruit / Juice Choice Milk Choice 25	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 26	Biscuit OR Cereal Choice Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 27	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 28	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 29

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. 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.



Spring Break is April 1st – 5th and a Teacher In-Service Day is April 8th. Students will return on Tuesday, April 9th. Enjoy your Spring Break.