

Walker County School



START YOUR DAY WITH BREAKFAST



Breakfast Menu 2018 – 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1/2 cup of fruit or juice must be on your plate.</p>	<p>School Payments Made Easy From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone at walkerschools.org</p>		
Sausage Biscuit OR Cereal Choice Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 5	Pancake Sausage on Stick OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 6	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 7	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 1	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 2
French Toast Sticks OR Cereal Yogurt Pears / Fresh Fruit / Juice Choice Milk 12	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Crackers Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 13	Sausage Biscuit OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 14	Chicken Biscuit OR Pop Tart Yogurt Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 15	Egg & Cheese Croissant OR Cinnamon Roll Peaches / Fresh Fruit / Juice Choice Milk Choice 16
<p>Thanksgiving Break No School November 19th - 23rd</p>				
Pancakes OR Cheese Toast Blueberries / Fresh Fruit / Juice Choice Milk Choice 26	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 27	Biscuit OR Cereal Choice Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 28	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 29	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 30

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.