

Walker County School



START YOUR DAY WITH BREAKFAST



Breakfast Menu 2018 - 2019



School Breakfast
makes everyone a Superhero.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try our breakfast parfaits.</p>	 <p>Have you fill at your child's Free/Reduced application yet? You can fill it out on line. It is easy and fast. Go to www.mvschoolapps.com</p>	 <p>½ cup of fruit or fruit 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>
<p>French Toast Stix OR Cereal Choice Yogurt Pears / Juice Choice/ Fresh Fruit Milk Choice 1</p>	<p>Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 2</p>	<p>Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Peaches / Fresh Fruit / Juice Choice Milk Choice 3</p>	<p>Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 4</p>	<p>Egg & Cheese Croissant OR Cinnamon Rolls Pears / Fresh Fruit / Juice Choice Milk Choice 5</p>
 <p>No School 8</p>	 <p>No School 9</p>	 <p>10</p>	<p>Sausage Biscuit OR Pop Tart Yogurt Applesauce/ Fresh Fruit / Juice Choice Milk Choice 11</p>	<p>Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 12</p>
<p>Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 15</p>	<p>Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 16</p>	<p>Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit/ Juice Choice Milk Choice 17</p>	<p>Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit/ Juice Choice Milk Choice 18</p>	<p>Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 19</p>
<p>French Toast Sticks OR Cereal Yogurt Applesauce / Fresh Fruit / Juice Choice Milk 22</p>	<p>Sausage Biscuit OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 23</p>	<p>Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Crackers Peaches / Fresh Fruit / Juice Choice Milk Choice 24</p>	<p>Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 25</p>	<p>Egg & Cheese Croissant OR Cinnamon Roll Pears/ Fresh Fruit / Juice Choice Milk Choice 26</p>
<p>Pancakes OR Cheese Toast Blueberries / Fresh Fruit / Juice Choice Milk Choice 29</p>	<p>Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 30</p>	<p>Biscuit OR Cereal Choice Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 31</p>	<p>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.</p>	

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD.