





Walker County School



START EVERY DAY WITH
A **FREE Breakfast** to all students

Breakfast Menu 2019 – 2020

Eating a **FREE School Breakfast**
makes everyone a Superhero.

Monday	Tuesday	Wednesday	Thursday	Friday
 ½ cup of fruit or juice must be on your tray.	Cinnamon Rolls OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 1	Breakfast Pizza OR Cinnamon Toast Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 2	Chicken Biscuit OR Egg & Cheese Croissant Strawberries / Fresh Fruit / Juice Choice Milk Choice 3	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 4
French Toast Sticks OR Cereal Choice Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 7	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 8	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 9	Chicken Biscuit OR Cinnamon Rolls Blueberries / Fresh Fruit / Juice Choice Milk Choice 10	Egg & Sausage Burrito OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 11
 NO SCHOOL 14	 NO SCHOOL October 15th	Chicken Biscuit OR Cinnamon Toast Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 16	Sausage Biscuit OR Cereal Choice Yogurt Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 17	Breakfast Bowl OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 18
Sausage Biscuit OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk Choice 21	Cinnamon Rolls OR Cereal Choice Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 22	Breakfast Pizza OR Cinnamon Toast Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 23	Chicken Biscuit OR Egg & Cheese Croissant Strawberries / Fresh Fruit / Juice Choice Milk Choice 24	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 25
French Toast Sticks OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 28	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 29	Sausage Biscuit OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk Choice 30	Chicken Biscuit OR Cinnamon Rolls Blueberries / Fresh Fruit / Juice Choice Milk Choice 31	PLAIN BISCUIT OR CEREAL WILL BE A CHOICE DAILY. 

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD

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.

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.