

Walker County School







START EVERY DAY WITH BREAKFAST



Breakfast Menu 2017 – 2018



**BE WISE as a OWL
EAT BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
			 <p>½ cup of fruit or juice must be on your tray.</p>	<p>Egg & Cheese Croissant OR French Toast Sticks Raisins / Fresh Fruit / Juice Choice Milk Choice 1</p>
<p>Happy Labor Day NO SCHOOL 4</p>	<p>Chicken Biscuit OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 5</p>	<p>Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 6</p>	<p>Sausage Biscuit OR Pop Tart Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 7</p>	<p>Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 8</p>
<p>French Toast Sticks OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 11</p>	<p>Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 12</p>	<p>Pancake Sausage on Stick OR Cheese Toast Dried Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 13</p>	<p>Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 14</p>	<p>Biscuit OR Pop Tart Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 15</p>
<p>Biscuit OR Cereal Choice Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 18</p>	<p>Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 19</p>	<p>Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 20</p>	<p>Chicken Biscuit OR Pop Tart Yogurt Dried Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 21</p>	<p>Egg & Cheese Croissant OR French Toast Sticks Raisins / Fresh Fruit / Juice Choice Milk Choice 22</p>
<p>Pancakes OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk 25</p>	<p>Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 26</p>	<p>Biscuit OR Cereal Choice Yogurt Dried Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 27</p>	<p>Sausage Biscuit OR Pop Tart Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 28</p>	<p>Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 29</p>

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.