

Walker County School



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

Breakfast Menu 2019 – 2020

Come rock with us while
you eat a healthy **FREE breakfast.**

Monday	Tuesday	Wednesday	Thursday	Friday
 Happy Labor Day NO SCHOOL 2	Pancakes OR Cheese Toast Raisins / Fresh Fruit / Juice Choice Milk Choice 3	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 4	Sausage Biscuit OR Cereal Choice Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 5	Breakfast Bowl OR Pop Tart Yogurt Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 6
Sausage Biscuit OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk Choice 9	Cinnamon Rolls OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 10	Breakfast Pizza OR Cinnamon Toast Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 11	Chicken Biscuit OR Egg & Cheese Croissant Strawberries / Fresh Fruit / Juice Choice Milk Choice 12	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 13
French Toast Sticks OR Cereal Choice Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 16	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 17	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 18	Chicken Biscuit OR Cinnamon Rolls Blueberries / Fresh Fruit / Juice Choice Milk Choice 19	Egg & Sausage Burrito OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 20
Pancakes OR Cheese Toast Raisins / Fresh Fruit / Juice Choice Milk Choice 23	Biscuit OR Yogurt Parfait w/ Graham Cracker Applesauce / Fresh Fruit / Juice Choice Milk Choice 24	Chicken Biscuit OR Cinnamon Toast Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 25	Sausage Biscuit OR Cereal Choice Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 26	Breakfast Bowl OR Pop Tart Yogurt Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 27
Sausage Biscuit OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk Choice 30	PLAIN BISCUIT OR CEREAL WILL BE A CHOICE DAILY. 	 School Payments Made Easy From the cafeteria to the classroom, pay anywhere from your computer or smartphone at www.walkerschools.org	 1/2 cup of fruit or juice must be on your tray.	 MY SCHOOL Apps Have you filled at your child's Free/Reduced application yet? You can fill it out on line. It is easy and fast. Go to www.myschoolapps.com

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.

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