



**BEFORE YOU START YOUR DAY
OF LEARNING START YOUR DAY
WITH A SCHOOL BREAKFAST**

Walker County Schools



**START YOUR DAY WITH
A
ROCKING SCHOOL**

Breakfast Menu 2018-2019

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>½ cup of fruit/juice must be on your plate.</p>		
<p>School Holiday 3</p>	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 4	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 5	Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 6	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 7
French Toast Stix OR Cereal Choice Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 10	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 11	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Peaches / Fresh Fruit / Juice Choice Milk Choice 12	Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 13	Egg & Cheese Croissant OR Cinnamon Rolls Pears / Fresh Fruit / Juice Choice Milk Choice 14
Pancakes OR Cheese Toast Blueberries / Fresh Fruit / Juice Choice Milk Choice 17	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 18	Biscuit OR Cereal Choice Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 19	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 20	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 21
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 24	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 25	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 26	Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 27	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 28

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 .



School Payments Made Easy

From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone at walkerschools.org



NEW

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.myschoolapps.com