



START YOUR DAY WITH BREAKFAST

# Walker County Schools

# January



## Breakfast Menu 2018 – 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		 <p><b>School Payments Made Easy</b> From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone at <a href="http://walkerschools.org">walkerschools.org</a></p>	 <p><b>No School</b> Teacher In service Day 3</p>	 <p><b>No School</b> Teacher In service Day 4</p>
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 7	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 8	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit/ Juice Choice Milk Choice 9	Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 10	Biscuit OR Pop Tart Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 11
French Toast Sticks OR Cereal Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 14	Sausage Biscuit OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 15	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Apricots / Fresh Fruit/ Juice Choice Milk Choice 16	Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 17	Egg & Cheese Croissant OR Cinnamon Roll Peaches / Fresh Fruit / Juice Choice Milk Choice 18
 <p>MLK Day School Holiday 21</p>	Chicken Biscuit OR Cinnamon Toast Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 22	Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 23	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 24	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 25
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 28	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 29	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit/ Juice Choice Milk Choice 30	Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 31	 <p>½ cup of fruit or juice must be on your tray.</p>

**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.**