




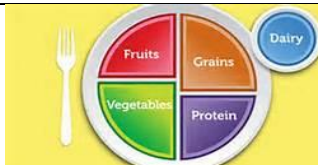



Walker County Schools



START YOUR DAY WITH BREAKFAST



Breakfast Menu 2018 – 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>School Payments Made Easy From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone at walkerschools.org</p>		 <p>½ cup of fruit or juice must be on your tray.</p>	<p>Biscuit OR Pop Tart Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">1</p>
<p>French Toast Sticks OR Cereal Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">4</p>	<p>Sausage Biscuit OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">5</p>	<p>Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Apricots / Fresh Fruit/ Juice Choice Milk Choice</p> <p style="text-align: right;">6</p>	<p>Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">7</p>	<p>Egg & Cheese Croissant OR Cinnamon Rolls Peaches / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">8</p>
<p>Pancakes OR Cheese Toast Raisins / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">11</p>	<p>Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">12</p>	<p>Biscuit OR Cereal Choice Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">13</p>	<p>Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">14</p>	<p>Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">15</p>
	<p style="text-align: center;">Winter Break</p> <p style="text-align: center;">February 18th & 19th</p>	 <p style="text-align: center;">Teacher In-Service Day</p> <p style="text-align: right;">20</p>	<p>Chicken Biscuit OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">21</p>	<p>Biscuit OR Pop Tart Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">22</p>
<p>French Toast Sticks OR Cereal Yogurt Pears / Frozen Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">25</p>	<p>Sausage Biscuit OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">26</p>	<p>Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Apricots / Fresh Fruit/ Juice Choice Milk Choice</p> <p style="text-align: right;">27</p>	<p>Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice</p> <p style="text-align: right;">28</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

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