

START YOUR DAY WITH BREAKFAST



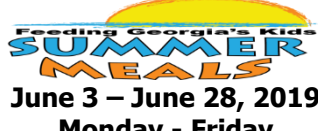




**Breakfast Menu  
2018 - 2019**

**"CHOOSE 1 ENTRÉE ONLY"**

May 24,

**FREE BREAKFAST TO ALL STUDENTS**

2019

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>French Toast Sticks</b> OR <b>Cereal Choice Yogurt</b> Pears / Fresh Fruit / Juice Choice Milk Choice 6	<b>PLAIN BISCUIT OR CEREAL WILL BE A CHOICE DAILY.</b> 	<b>Cinnamon Rolls</b> OR <b>Cereal Choice Yogurt</b> Strawberries / Fresh Fruit / Juice Choice Milk Choice 1	<b>Chicken Biscuit</b> OR <b>Egg &amp; Cheese Croissant</b> Blueberries / Fresh Fruit / Juice Choice Milk Choice 2	<b>Biscuit</b> OR <b>Pop Tart Yogurt</b> Apricots / Fresh Fruit / Juice Choice Milk Choice 3
<b>French Toast Sticks</b> OR <b>Cereal Choice Yogurt</b> Pears / Fresh Fruit / Juice Choice Milk Choice 6	<b>Sausage Biscuit</b> OR <b>Cheese Toast</b> Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 7	<b>Pancake Sausage on Stick</b> OR <b>Yogurt Parfait w/ Graham Cracker</b> Peaches / Fresh Fruit / Juice Choice Milk Choice 8	<b>Chicken Biscuit</b> OR <b>Pop Tart Yogurt</b> Strawberries / Fresh Fruit / Juice Choice Milk Choice 9	<b>Egg &amp; Sausage Burrito</b> OR <b>Cinnamon Rolls</b> Blueberries / Fresh Fruit / Juice Choice Milk Choice 10
<b>Pancakes</b> OR <b>Cheese Toast</b> Raisins / Fresh Fruit / Juice Choice Milk Choice 13	<b>Chicken Biscuit</b> OR <b>Cinnamon Toast Yogurt</b> Applesauce / Fresh Fruit / Juice Choice Milk Choice 14	<b>Biscuit</b> OR <b>Yogurt Parfait w/ Graham Cracker</b> Apricots / Fresh Fruit / Juice Choice Milk Choice 15	<b>Sausage Biscuit</b> OR <b>Pop Tart Yogurt</b> Strawberries / Fresh Fruit / Juice Choice Milk Choice 16	<b>Breakfast Bowl</b> OR <b>Cereal Choice Yogurt</b> Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 17
<b>Pancake Sausage on Stick</b> OR <b>Cinnamon Toast Yogurt</b> Pears / Fresh Fruit / Juice Choice Milk Choice 20	<b>Sausage Biscuit</b> OR <b>Cheese Toast</b> Applesauce / Fresh Fruit / Juice Choice Milk Choice 21	<b>Cinnamon Rolls</b> OR <b>Cereal Choice Yogurt</b> Peaches / Fresh Fruit / Juice Choice Milk Choice 22	<b>Chicken Biscuit</b> OR <b>Egg &amp; Cheese Croissant</b> Strawberries / Fresh Fruit / Juice Choice Milk Choice 23	<b>Last Day of SCHOOL</b> <b>Biscuit OR</b> <b>Pop Tart Yogurt</b> Blueberries / Fresh Fruit / Juice Choice Milk Choice 24
 <b>June 3 – June 28, 2019</b> <b>Monday - Friday</b>	 <b>Don't Forget— Breakfast is Brain Food!</b> SCHOOL BREAKFAST PROGRAM	 ½ cup of fruit/juice must be on your plate.		

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. Students must have a breakfast from home or school and no charges to be eligible to purchase the following item: String Cheese every day for \$.50

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD  
 This institution is an equal opportunity provider.



**ALL CHARGES MUST BE PAID BY MAY 24<sup>th</sup>.**

**School Payments Made Easy**  
 From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone at [walkerschools.org](http://walkerschools.org) -- My School Buck Payments will not be available after May 10<sup>th</sup> until July 2019