

Walker County School









START EVERY DAY WITH BREAKFAST



**BE WISE as a OWL
EAT BREAKFAST**

Breakfast Menu 2017 – 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 2	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 3	Cinnamon Rolls OR Cheese Toast Strawberries/ Fresh Fruit / Juice Choice Milk Choice 4	Egg & Cheese Croissant OR Chicken Biscuit Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 5	Biscuit OR Pop Tart Yogurt Peaches/ Fresh Fruit / Juice Choice Milk Choice 6
 No School OCTOBER 9 th & 10 th	 FALL BREAK OCTOBER 9 th & 10 th	 NO SCHOOL October 11th	Chicken Biscuit OR Pop Tart Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 12	Egg & Cheese Croissant OR Cinnamon Rolls Raisins / Fresh Fruit / Juice Choice Milk Choice 13
Pancakes OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk 16	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 17	Biscuit OR Cereal Choice Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 18	Sausage Biscuit OR Pop Tart Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 19	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 20
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears/Fresh Fruit / Juice Choice Milk Choice 23	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 24	Cinnamon Rolls OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 25	Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 26	Biscuit OR Pop Tart Yogurt Fruit Mixed / Fresh Fruit / Juice Choice Milk Choice 27
Biscuit OR Cereal Choice Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 30	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 31	 HAPPY HALLOWEEN	 1/2 cup of fruit or juice must be on your tray.	 United States Department of Agriculture

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.