

Walker County Schools










START YOUR DAY WITH 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 5	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 6	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 7	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 1	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 2
Biscuit OR Cereal Choice Yogurt Pears / Juice Choice/ Fresh Fruit Milk Choice 12	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 13	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Apricots / Fresh Fruit / Juice Choice Milk Choice 14	Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 15	Egg & Cheese Croissant OR Cinnamon Rolls Peaches / Fresh Fruit / Juice Choice Milk Choice 16
 <p>No School February 19th & 20th</p>		 <p>No School February 21st</p>		
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 26	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 27	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 28		 <p>½ cup of fruit/juice must be on your plate.</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.