

Walker County Schools



START YOUR DAY WITH BREAKFAST



Breakfast Menu 2017 - 2018



Dr. Seuss

March 2nd

Monday	Tuesday	Wednesday	Thursday	Friday	
 Make the Grade <small>with SCHOOL BREAKFAST</small>	 ½ cup of fruit/juice must be on your plate.	 Don't Forget— Breakfast is Brain Food! <small>SCHOOL BREAKFAST PROGRAM</small>	Egg & Cheese Croissant OR Chicken Biscuit Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 1	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 2	
 National School Breakfast Week March 5 - 9					
	Biscuit OR Cereal Choice Yogurt Pears / Juice Choice / Fresh Fruit Milk Choice 5	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 6	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Apricots / Fresh Fruit / Juice Choice Milk Choice 7	Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 8	Egg & Cheese Croissant OR Cinnamon Rolls Peaches / Fresh Fruit / Juice Choice Milk Choice 9
Pancakes OR Cheese Toast Blueberries / Fresh Fruit / Juice Choice Milk Choice 12	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 13	Biscuit OR Cereal Choice Yogurt Mixed Fruit / Apricots / Juice Choice Milk Choice 14	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 15	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 16	
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 19	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 20	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit/ Juice Choice Milk Choice 21	Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 22	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 23	
Biscuit OR Cereal Choice Yogurt Pears / Juice Choice / Fresh Fruit Milk Choice 26	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 27	Chicken Biscuit OR Pop Tart Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 28	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 29	Egg & Cheese Croissant OR Cinnamon Rolls Peaches / Fresh Fruit / Juice Choice Milk Choice 30	

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.