

Walker County Schools



START YOUR DAY WITH BREAKFAST



Breakfast Menu 2018 – 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>½ cup of fruit or juice must be on your plate.</p>			<p>School Payments Made Easy From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone at walkerschools.org</p>	
Sausage Biscuit OR Cereal Choice Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 3	Pancake Sausage on Stick OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 4	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 5	Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 6	Biscuit OR Pop Tart Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 7
French Toast Sticks OR Cereal Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 10	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Crackers Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 11	Sausage Biscuit OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 12	Chicken Biscuit OR Pop Tart Yogurt Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 13	Egg & Cheese Croissant OR Cinnamon Roll Peaches / Fresh Fruit / Juice Choice Milk Choice 14
Pancakes OR Cheese Toast Blueberries / Fresh Fruit / Juice Choice Milk Choice 17	Sausage Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 18	<p>HAPPY HOLIDAY BREAK December 19, 2018 – January 4, 2019</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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