










START YOUR DAY WITH BREAKFAST

Walker County Schools



Breakfast Menu 2016 – 2017



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
|  |  <p>½ cup of fruit or juice must be on your tray.</p> | Pancake Sausage on Stick OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 1 | Egg & Cheese Croissant OR Chicken Biscuit Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 2 | Biscuit OR Pop Tart Yogurt Blueberries / Fresh Fruit / Juice Choice Milk Choice 3 |
| Biscuit OR Cereal Choice Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 6 | Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 7 | Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Strawberries / Fresh Fruit / Juice Choice Milk Choice 8 | Chicken Biscuit OR Pop Tart Yogurt Peaches/ Fresh Fruit / Juice Choice Milk Choice 9 | Egg & Cheese Croissant OR French Toast Sticks Raisins / Fresh Fruit / Juice Choice Milk Choice 10 |
| Pancakes OR Cheese Toast Mixed Fruit / Fresh Fruit/ Juice Choice Milk Choice 13 | Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 14 | Biscuit OR Cereal Choice Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 15 | Sausage Biscuit OR Pop Tart Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 16 | Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Dried Fruit / Fresh Fruit / Juice Choice Milk Choice 17 |
|  <p>No School 20</p> |  <p>No School Teacher In service Day 21</p> | Pancake Sausage on Stick OR Cheese Toast Peaches / Fresh Fruit / Juice Choice Milk Choice 22 | Egg & Cheese Croissant OR Chicken Biscuit Applesauce / Fresh Fruit / Juice Choice Milk Choice 23 | Biscuit OR Pop Tart Yogurt Blueberries / Fresh Fruit / Juice Choice Milk Choice 24 |
| Biscuit OR Cereal Choice Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 27 | Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 28 |  |  |  |

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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