

Walker County Schools




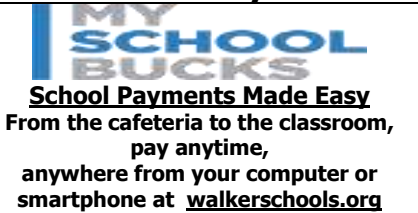









START YOUR DAY WITH A
FREE BREAKFAST



**Breakfast Menu
2020 – 2021**



**All WC Students
eat Free**

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>School Payments Made Easy From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone at walkerschools.org</p>	 <p>Have you filled at your child's Free/Reduced application yet? You can fill it out on line. It is easy and fast. Go to www.myschoolapps.com</p>	 <p>½ cup of fruit or juice must be on your tray.</p>	
 <p>No School Teacher In service Day 4</p>	 <p>No School Teacher In service Day 5</p>	 <p>No School Teacher In service Day 6</p>	 <p>No School Teacher In service Day 7</p>	
<p>Pancakes OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk Choice 11</p>	<p>Sausage Biscuit OR Yogurt Parfait w/ Graham Cracker Applesauce / Fresh Fruit / Juice Choice Milk Choice 12</p>	<p>Breakfast Pizza OR Pancake Sausage on Stick Apricots / Fresh Fruit / Juice Choice Milk Choice 13</p>	<p>Chicken Biscuit OR Cereal Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 14</p>	<p>Egg & Sausage Burrito OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 15</p>
 <p>MLK Day School Holiday 18</p>	<p>French Toast Sticks OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk Choice 19</p>	<p>Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 20</p>	<p>Breakfast Bowl OR Cereal Choice Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 21</p>	<p>Sausage Biscuit OR Pop Tart Yogurt Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 22</p>
<p>Sausage Biscuit OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 25</p>	<p>Cinnamon Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 26</p>	<p>Breakfast Pizza OR Cinnamon Toast Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 27</p>	<p>Chicken Biscuit OR Egg & Cheese Croissant Blueberries / Fresh Fruit / Juice Choice Milk Choice 28</p>	<p>Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 29</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.

If you have difficulty communicating with us or understanding this information because you do not speak English or have a disability, please let us know. Contact 706-638-7971. Free language assistance or other aids and services are available upon request. Español: Si tiene dificultades para comunicarse con nosotros, o para entender esta información porque no habla inglés o tiene alguna discapacidad, por favor infórmenos. Comuníquese con 706/638-7971. Tenemos disponibilidad de servicios gratuitos de ayuda en otros idiomas y otro tipo de asistencia y servicios cuando lo solicite.

**MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**

PLAIN BISCUIT OR CEREAL WILL BE A CHOICE DAILY.