

Walker County Schools



START YOUR DAY WITH BREAKFAST



All WC Students
eat Breakfast Free

Breakfast Menu 2020 – 2021

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>½ cup of fruit or juice must be on your tray.</p>	
<p>Pancakes OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk Choice 1</p>	<p>Sausage Biscuit OR Yogurt Parfait w/ Graham Cracker Applesauce / Fresh Fruit / Juice Choice Milk Choice 2</p>	<p>Breakfast Pizza OR Pancake Sausage on Stick Apricots / Fresh Fruit / Juice Choice Milk Choice 3</p>	<p>Chicken Biscuit OR Cereal Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 4</p>	<p>Egg & Sausage Burrito OR Pop Tart Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 5</p>
<p>French Toast Sticks OR Cheese Toast Peaches / Fresh Fruit / Juice Choice Milk Choice 8</p>	<p>Biscuit OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 9</p>	<p>Chicken Biscuit OR Cinnamon Toast Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 10</p>	<p>Sausage Biscuit OR Biscuit Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 11</p>	<p>Teacher In-Service Day 12</p>
	<p>Winter Break February 15th & 16th</p>	<p>Breakfast Pizza OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 17</p>	<p>Chicken Biscuit OR Egg & Cheese Croissant Blueberries / Fresh Fruit / Juice Choice Milk Choice 18</p>	<p>Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 19</p>
<p>Pancakes OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk Choice 22</p>	<p>Sausage Biscuit OR Yogurt Parfait w/ Graham Cracker Applesauce / Fresh Fruit / Juice Choice Milk Choice 23</p>	<p>Breakfast Pizza OR Pancake Sausage on Stick Apricots / Fresh Fruit / Juice Choice Milk Choice 24</p>	<p>Chicken Biscuit OR Cereal Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 25</p>	<p>Egg & Sausage Burrito OR Pop Tart Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 26</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.