





# Walker County School



START EVERY DAY WITH  
A **FREE Breakfast** to all students

## Breakfast Menu 2020 – 2021

Come rock with us while  
you eat a healthy **FREE breakfast**.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLAIN BISCUIT OR CEREAL WILL BE A CHOICE DAILY.</b> 	 ½ cup of fruit or juice must be on your tray.	<b>GROUP B</b> <b>Sausage Biscuit</b> OR <b>Cheese Toast</b> Peaches / Fresh Fruit / Juice Choice Milk Choice 1	<b>GROUP B</b> <b>Chicken Biscuit</b> OR <b>Cinnamon Toast</b> Blueberries / Fresh Fruit / Juice Choice Milk Choice 2	<b>NO SCHOOL</b> 3
 NO SCHOOL 6	<b>GROUP A</b> <b>Pancakes</b> OR <b>Cheese Toast</b> Apricots / Fresh Fruit / Juice Choice Milk Choice 7	<b>GROUP A</b> <b>Chicken Biscuit</b> OR <b>Cereal</b> Peaches / Fresh Fruit / Juice Choice Milk Choice 8	<b>GROUP B</b> <b>Pancakes</b> OR <b>Cheese Toast</b> Apricots / Fresh Fruit / Juice Choice Milk Choice 9	<b>GROUP B</b> <b>Chicken Biscuit</b> OR <b>Cereal</b> Peaches / Fresh Fruit / Juice Choice Milk Choice 10
<b>GROUP A</b> <b>Sausage Biscuit</b> OR <b>Cheese Toast</b> Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 13	<b>GROUP A</b> <b>Chicken Biscuit</b> OR <b>Biscuit</b> Blueberries / Fresh Fruit / Juice Choice Milk Choice 14	<b>VIRTUAL SCHOOL</b> 15	<b>GROUP B</b> <b>Sausage Biscuit</b> OR <b>Cheese Toast</b> Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 17	<b>GROUP B</b> <b>Chicken Biscuit</b> OR <b>Biscuit</b> Blueberries / Fresh Fruit / Juice Choice Milk Choice 17
<b>Chicken Biscuit</b> OR <b>Cinnamon Toast</b> Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 20	<b>Biscuit</b> OR <b>Yogurt Parfait w/ Graham Cracker</b> Applesauce/ Fresh Fruit / Juice Choice Milk Choice 21	<b>Breakfast Pizza</b> OR <b>Steak Biscuit</b> Apricots / Fresh Fruit / Juice Choice Milk Choice 22	<b>Sausage Biscuit</b> OR <b>Biscuit</b> Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 23	<b>Breakfast Bowl</b> OR <b>Cereal Choice</b> Yogurt Spiced Apples/ Fresh Fruit / Juice Choice Milk Choice 24
<b>Sausage Biscuit</b> OR <b>Cheese Toast</b> Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 27	<b>Cinnamon Biscuit</b> OR <b>Cereal Choice</b> Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 28	<b>Breakfast Pizza</b> OR <b>Cinnamon Toast</b> Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 29	<b>Chicken Biscuit</b> OR <b>Egg &amp; Cheese Croissant</b> Blueberries / Fresh Fruit / Juice Choice Milk Choice 30	 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 <a href="http://www.myschoolapps.com">www.myschoolapps.com</a>

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

**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. Esta institución es un proveedor de oportunidades igual

### School Payments Made

From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone at [www.walkerschools.org](http://www.walkerschools.org)

