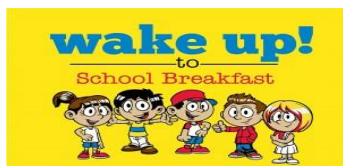


Walker County School



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

Breakfast Menu 2021 – 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes OR Cinnamon Toast Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 1	Sausage Biscuit OR Yogurt Parfait w/ Graham Cracker Applesauce / Fresh Fruit / Juice Choice Milk Choice 2	Breakfast Pizza OR Cinnamon Toast Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 3	Chicken Biscuit OR Cereal Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 4	Egg & Sausage Burrito OR Pop Tart Yogurt Strawberries Juice Choice Milk Choice 5
Chicken Biscuit OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 8	Biscuit w/ Gravy OR Yogurt Parfait w/ Graham Cracker Applesauce/ Fresh Fruit / Juice Choice Milk Choice 9	Breakfast Pizza OR Cheese Toast Apricots / Fresh Fruit / Juice Choice Milk Choice 10	Sausage Biscuit OR Biscuit Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 11	Breakfast Bowl OR Cereal Choice Yogurt Spiced Apples/ Fresh Fruit / Juice Choice Milk Choice 12
Sausage Biscuit OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 15	Cinnamon Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 16	French Toast Sticks w/ Syrup OR Cheese Toast Apricots / Fresh Fruit / Juice Choice Milk Choice 17	Chicken Biscuit OR Egg & Cheese Croissant Strawberries / Fresh Fruit / Juice Choice Milk Choice 18	Biscuit w/ Gravy OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 19
	November 22nd – 26th			
Pancakes OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 29	Sausage Biscuit OR Yogurt Parfait w/ Graham Cracker Applesauce / Fresh Fruit / Juice Choice Milk Choice 30	<p>½ cup of fruit or juice must be on your tray.</p>	<p>School Payments Made Easy from your computer or smartphone at walkerschools.org</p>	PLAIN BISCUIT OR CEREAL WILL BE A CHOICE DAILY.

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.