

Walker County School



START EVERY DAY
WITH BREAKFAST



Breakfast Menu 2017 – 2018



**BE WISE
EAT BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>½ cup of fruit or juice must be on your tray.</p>			<p>Egg & Cheese Croissant OR Cinnamon Rolls Raisins / Fresh Fruit / Juice Choice Milk Choice 1</p>
<p>Pancakes OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk 4</p>	<p>Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 5</p>	<p>Biscuit OR Cereal Choice Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 6</p>	<p>Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 7</p>	<p>Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Peaches / Fresh Fruit / Juice Choice Milk Choice 8</p>
<p>Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 11</p>	<p>Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 12</p>	<p>Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 13</p>	<p>Egg & Cheese Croissant OR Chicken Biscuit Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 14</p>	<p>Cinnamon Rolls OR Cheese Toast Peaches / Fresh Fruit / Juice Choice Milk Choice 15</p>
<p>Biscuit OR Cereal Choice Yogurt Pears / Fresh Fruit / Juice Choice Milk 18</p>	<p>Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 19</p>		<p>HOLIDAY BREAK December 20th – January 5th NO SCHOOL</p>	
			<p>Happy Holidays From All of the Walker County School Nutrition Workers</p>	<p>Happy New Year</p> <p>See you on January 8, 2018</p>

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.

Walker County Schools

DECEMBER



**Have a Wonderful time off
Stay safe and warm**

**Middle School Lunch Menu
2017 -2018**

**Happy Holidays
from School Nutrition Workers**

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Your plate must have at least 1/2 cup fruit or veggie on it.</p>				<p>Chicken on WG Bun w/ Lettuce & Tomato OR Chili w/ Grilled Cheese Sandwich Toss Salad w/ Dressing Choice Steamed Carrots Fries Mixed Fruit Fresh Fruit Milk Choice 1</p>
<p>Pizza OR Burrito w/ Sour Cream Green Beans Caesar Salad Carrots w/ dip Applesauce Frozen Fruit Milk Choice 4</p>	<p>Mac & Cheese Pintos OR Black-eyed Peas Okra Cole Slaw Cornbread Sweet Potatoes Toss Salad w/ Dressing Choice Apricots Fresh Fruit Ice Cream Milk Choice 5</p>	<p>Quesadilla w/ Sour Cream OR Chicken on WG Bun Fries Refried Beans Salsa Lettuce & Tomato Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 6</p>	<p>Corn Dog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Cole Slaw Baked Beans Corn Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 7</p>	<p>Hamburger on WG Bun w/ Lettuce, Tomato, Onion OR Taco Soup w/ Tortilla Chips & Grilled Cheese Sandwich Veggies w/ Ranch Dressing Toss Salad w/ Dressing Choice Pears Fresh Fruit Milk Choice 9</p>
<p>Chicken Fajita & Cheese Cup w/ Sour Cream and Salsa OR Pizza Refried Beans Steamed Carrots Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 11</p>	<p>Chicken Nuggets w/ WG Roll OR Fish Nuggets w/ Hushpuppies & Tatar Sauce Mixed Veggies Corn Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 12</p>	<p>Turkey & Dressing w/ Gravy OR Sliced Ham WG Roll Sweet Potatoes Green Beans Cranberry Sauce Toss Salad w/ Dressing Choice Spiced Apples Fresh Fruit Ice Cream Milk Choice 13</p>	<p>Hotdog w/Chili OR Sloppy Joe on WG Bun Cole Slaw Fries Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 14</p>	<p>Cheese Sticks w/ Marinara Sauce OR Chicken Noodle Soup w/ Cheesy Bread Stick Refried Beans Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice 15</p>
<p>Teriyaki Chicken w/ WG Rolls OR Pizza Broccoli w/ Cheese Carrots w/ Dip Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 18</p>	<p>Chicken Sandwich on WG Bun OR Hamburger on WG Bun Lettuce & Tomato Fries Veggies w/ Ranch Dressing Strawberries Fresh Fruit Milk Choice 19</p>		<p>HOLIDAY BREAK December 20th - January 5th</p>	 <p>See you on January 8, 2018</p>

Students must have a lunch from home or school to be eligible to purchase the following items:

12 oz. Bottle Water every day for \$.75, Frozen Fruit (4.4 oz. cup of 100% fruit juice) on Thursdays for \$.90

WG Choc Chip Cookie (1.85 oz.) on Fridays for \$.75.

NO CHARGING will be allowed for these items or any extra food sales. All students must follow the WC School Nutrition guidelines.

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This institution is an equal opportunity provider.