

# Walker County Schools



START YOUR DAY WITH BREAKFAST

## Breakfast Menu 2017 - 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 8	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 9	Biscuit OR Cereal Choice Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 10	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 11	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 12
MLK Day School Holiday 15	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 16	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 17	Egg & Cheese Croissant OR Chicken Biscuit Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 18	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 19
Biscuit OR Cereal Choice Yogurt Pears / Juice Choice/ Fresh Fruit Milk Choice 22	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 23	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Apricots / Fresh Fruit / Juice Choice Milk Choice 24	Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 25	Egg & Cheese Croissant OR Cinnamon Rolls Peaches / Fresh Fruit / Juice Choice Milk Choice 26
Pancakes OR Cheese Toast Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 29	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 30	Biscuit OR Cereal Choice Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 31	½ cup of fruit/juice must be on your plate.	

**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.**

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD

**This institution is an equal opportunity provider.**

# Walker County Schools



**Welcome Back To School.  
We have missed you.**



**LUNCH ELEMENTARY SCHOOLS  
2017 – 2018**



**Healthy Food  
just for you.**

Monday	Tuesday	Wednesday	Thursday
<p style="text-align: center;">School is out until Monday, January 8, 2018</p>			
<p><b>Welcome Back!</b>                      Pizza                      OR                      Burrito w/ Sour Cream                      Green Beans                      Carrots w/ dip                      Caesar Salad                      Applesauce      Frozen Fruit                      Milk      Choice</p> <p style="text-align: right;">8</p>	<p>Mac &amp; Cheese                      Pintos                      OR                      Black-eyed Peas                      Okra      Cole Slaw                      Sweet Potatoes                      Toss Salad w/ Dressing Choice                      Apricots      Fresh Fruit                      Ice Cream                      Milk      Choice</p> <p style="text-align: right;">9</p>	<p>Quesadilla w/ Sour Cream                      OR                      Chicken on WG Bun                      Fries                      Refried Beans      Salsa                      Lettuce &amp; Tomato                      Toss Salad w/ Dressing Choice                      Strawberries      Fresh Fruit                      Milk      Choice</p> <p style="text-align: right;">10</p>	<p>Corn Dog                      OR                      Fish Nuggets w/                      Hushpuppies &amp; Tartar Sauce                      Cole Slaw      Corn                      Baked Beans                      Toss Salad w/ Dressing Choice                      Spiced Apples      Fresh Fruit                      Milk      Choice</p> <p style="text-align: right;">11</p>
<p style="text-align: center;"><b>MLK Day</b></p> <p style="text-align: center;">SCHOOL HOLIDAY</p> <p style="text-align: right;">NO 15</p>	<p>Pizza                      OR                      Chicken Nuggets w/ WG Roll                      Steamed Carrots                      Broccoli/Cheese                      Toss Salad w/ Dressing Choice                      Strawberries      Fresh Fruit                      Milk Choice</p> <p style="text-align: right;">16</p>	<p>Spaghetti w/ Meat Sauce w/ WG Roll                      OR                      Fish Nuggets w/ Hushpuppies &amp; Tartar Sauce                      Corn      Green Beans                      Toss Salad w/ Dressing Choice                      Mixed Fruit      Fresh Fruit                      WG Choc Chip Cookie                      Milk Choice</p> <p style="text-align: right;">17</p>	<p>Hotdog w/Chili                      OR                      Chili w/ Grilled Cheese Sandwich                      Cole Slaw                      Fries                      Toss Salad w/ Dressing Choice                      Peaches      Fresh Fruit                      Milk      Choice</p> <p style="text-align: right;">18</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</p> <p style="text-align: right;">22</p>	<p>Chicken Nuggets w/ WG Roll                      OR                      Lasagna w/ WG Roll                      Green Beans                      Cream Potatoes                      Toss Salad w/ Dressing Choice                      Apricots      Fresh Fruit                      Milk Choice</p> <p style="text-align: right;">23</p>	<p>Hamburger on WG Bun                      OR                      Taco w/ Crispy Shells &amp; Cheese Cup &amp; Salsa &amp; Sour Cream                      Lettuce &amp; Tomato                      Refried Beans                      Strawberries      Fresh Fruit                      Milk      Choice</p> <p style="text-align: right;">24</p>	<p>BBQ on WG Bun                      OR                      Fish w/ Tartar Sauce on WG Bun                      Baked Beans      Cole Slaw                      Toss Salad w/ Dressing Choice                      Peaches      Fresh Fruit                      Apple Crisp                      Milk      Choice</p> <p style="text-align: right;">25</p>
<p>Pizza                      OR                      Burrito w/ Sour Cream                      Green Beans                      Carrots w/ dip                      Caesar Salad                      Applesauce      Frozen Fruit                      Milk      Choice</p> <p style="text-align: right;">29</p>	<p>Mac &amp; Cheese                      Pintos                      OR                      Black-eyed Peas                      Okra      Cole Slaw                      Sweet Potatoes                      Toss Salad w/ Dressing Choice                      Apricots      Fresh Fruit                      Ice Cream      Milk Choice</p> <p style="text-align: right;">30</p>	<p>Quesadilla w/ Sour Cream                      OR                      Chicken on WG Bun                      Fries                      Refried Beans      Salsa                      Lettuce &amp; Tomato                      Toss Salad w/ Dressing Choice                      Strawberries      Fresh Fruit                      Milk      Choice</p> <p style="text-align: right;">31</p>	<p style="text-align: center;"></p> <p style="text-align: center;"></p> <p style="text-align: center;">Every lunch tray must have ½ cup serving of fruit or veggie on it.</p>

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**

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

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