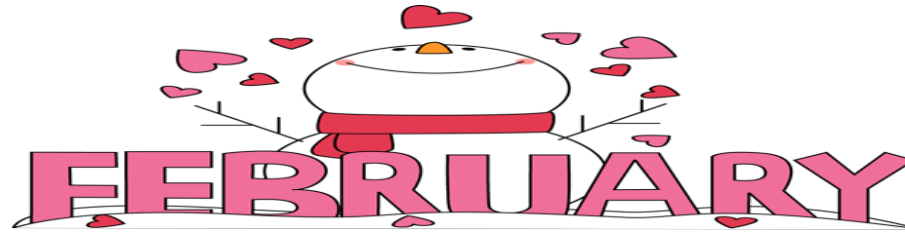


Walker County Schools











START YOUR DAY WITH BREAKFAST



Breakfast Menu 2017 - 2018



Monday	Tuesday	Wednesday	Thursday	Friday
 				
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 5	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 6	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 7	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 1	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 2
Biscuit OR Cereal Choice Yogurt Pears / Juice Choice/ Fresh Fruit Milk Choice 12	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 13	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Apricots / Fresh Fruit / Juice Choice Milk Choice 14	Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 15	Egg & Cheese Croissant OR Cinnamon Rolls Peaches / Fresh Fruit / Juice Choice Milk Choice 16
 <p>No School February 19th & 20th</p>		 <p>No School February 21st</p>		
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 26	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 27	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit / Juice Choice Milk Choice 28		 <p>½ cup of fruit/juice must be on your plate.</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.

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD


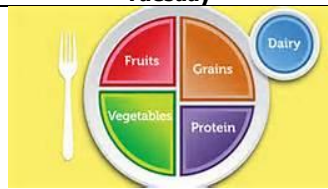



This institution is an equal opportunity provider.

Walker County Schools



LUNCH MIDDLE SCHOOLS
2017 – 2018

February 14th
"Happy Valentine's Day"

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Every lunch tray must have ½ cup serving of fruit or veggie on it.</p>	 <p>Will we have an early Spring or 6 more weeks of Winter? Feb 2nd</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 5	Chicken Nuggets OR Pork Roast w/ Gravy WG Roll Mixed Veggies Broccoli/Cheese Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 6	Spaghetti w/ Meat Sauce w/ WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Choice Mixed Fruit Fresh Fruit WG Choc Chip Cookie Milk Choice 7	Corn Dog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Cole Slaw Corn Baked Beans Toss Salad w/ Dressing Choice Spiced Apples Fresh Fruit Milk Choice 1	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 2
Teriyaki Chicken w/ WG Rolls OR Pizza Broccoli w/ Cheese Carrots w/ Dip Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 12	Chicken Nuggets OR Lasagna WG Roll Green Beans Cream Potatoes Toss Salad w/ Dressing Choice Apricots Fresh Fruit Milk Choice 13	<p>HAPPY VALENTINE'S DAY</p> Hamburger on WG Bun OR Taco w/ Crispy Shells & Cheese Cup & Salsa & Sour Cream Lettuce & Tomato Refried Beans Strawberries Fresh Fruit Milk Choice 14	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 15	Chicken on WG Bun w/ Lettuce & Tomato OR Vegetable Beef Soup w/ Grilled Cheese Sandwich Steamed Carrots Fries Toss Salad w/ Dressing Choice Mixed Fruit Fresh Fruit Milk Choice 16
<p>Have a great winter break!</p>  <p>Winter Break February 19 & 20th</p>		 <p>NO SCHOOL February 21st</p>	Corn Dog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Cole Slaw Corn Baked Beans Toss Salad w/ Dressing Choice Spiced Apples Fresh Fruit Milk Choice 22	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 23
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 29	Chicken Nuggets OR Pork Roast w/ Gravy WG Roll Mixed Veggies Broccoli/Cheese Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 30	Spaghetti w/ Meat Sauce w/ WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Choice Mixed Fruit Fresh Fruit WG Choc Chip Cookie Milk Choice 31	<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: Every day 20 oz. Bottle Water for \$1.00 and Switch Drink for \$1.25. 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.</p>	