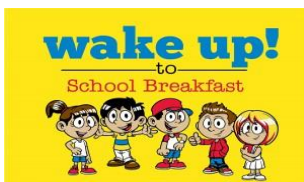


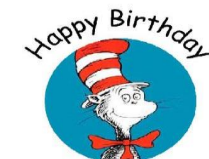
Walker County Schools



START YOUR DAY WITH BREAKFAST







Breakfast Menu 2017 - 2018



Dr. Seuss

March 2nd

Monday	Tuesday	Wednesday	Thursday	Friday
 Make the Grade WITH SCHOOL BREAKFAST	 ½ cup of fruit/juice must be on your plate.	 Don't Forget— Breakfast is Brain Food! SCHOOL BREAKFAST PROGRAM	Egg & Cheese Croissant OR Chicken Biscuit Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 1	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 2
		National School Breakfast Week March 5 - 9		
Biscuit OR Cereal Choice Yogurt Pears / Juice Choice / Fresh Fruit Milk Choice 5	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 6	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Apricots / Fresh Fruit / Juice Choice Milk Choice 7	Chicken Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 8	Egg & Cheese Croissant OR Cinnamon Rolls Peaches / Fresh Fruit / Juice Choice Milk Choice 9
Pancakes OR Cheese Toast Blueberries / Fresh Fruit / Juice Choice Milk Choice 12	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 13	Biscuit OR Cereal Choice Yogurt Mixed Fruit / Apricots / Juice Choice Milk Choice 14	Sausage Biscuit OR Pop Tart Yogurt Strawberries / Fresh Fruit / Juice Choice Milk Choice 15	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 16
Pancake Sausage on Stick OR Cinnamon Toast Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 19	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 20	Cinnamon Rolls OR Cheese Toast Strawberries / Fresh Fruit/ Juice Choice Milk Choice 21	Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 22	Biscuit OR Pop Tart Yogurt Peaches / Fresh Fruit / Juice Choice Milk Choice 23
Biscuit OR Cereal Choice Yogurt Pears / Juice Choice / Fresh Fruit Milk Choice 26	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 27	Chicken Biscuit OR Pop Tart Yogurt Apricots / Fresh Fruit / Juice Choice Milk Choice 28	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Spiced Apples / Fresh Fruit / Juice Choice Milk Choice 29	Egg & Cheese Croissant OR Cinnamon Rolls Peaches / Fresh Fruit / Juice Choice Milk Choice 30

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
Elementary School Lunch Menu
2017 – 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Starting March 1st  Pay students' account on line	 1 st Day of Spring March 20th	 Every lunch tray must have ½ cup serving of fruit or veggie on it.		March 2nd
Teriyaki Chicken w/ WG Rolls OR Pizza Broccoli w/ Cheese Carrots w/ Dip Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 5	Chicken Nuggets OR Lasagna WG Roll Green Beans Cream Potatoes Toss Salad w/ Dressing Choice Apricots Fresh Fruit Milk Choice 6	Hamburger on WG Bun OR Taco w/ Crispy Shells & Cheese Cup & Salsa & Sour Cream Lettuce & Tomato Refried Beans Strawberries Fresh Fruit Milk Choice 7	Hotdog w/Chili OR Sloppy Joe on WG Bun Cole Slaw Fries Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 1	Cheesy Bread Sticks w/ Beefy Marinara Sauce OR Taco Soup w/ Tortilla Chips & Cheesy Bread Stick Refried Beans Carrots w/ Dip Caesar Salad Pears Fresh Fruit Birthday Cake Milk Choice 2
Pizza OR Burrito w/ Sour Cream Green Beans Caesar Salad Carrots w/ Dip Applesauce Frozen Fruit Milk Choice 12	Mac & Cheese Pinto Beans OR Black-eyed Peas Okra Cole Slaw Sweet Potatoes Tossed Salad w/ Dressing Apricots Fresh Fruit Ice Cream Milk Choice 13	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 14	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 15	Hamburger on WG Bun OR Turkey & Cheese on WG Bun Lettuce, Tomato & Onion Veggies w/ Ranch Dressing Toss Salad w/ Dressing Choice Pears Fresh Fruit Milk Choice 16
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 19	Chicken Nuggets OR Pork Roast w/ Gravy WG Roll Mixed Veggies Broccoli/Cheese Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 20	Spaghetti w/ Meat Sauce w/ WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Choice Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice 21	Hotdog w/Chili OR Sloppy Joe on WG Bun Cole Slaw Fries Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 22	Cheesy Bread Sticks w/ Beefy Marinara Sauce OR Taco Soup w/ Tortilla Chips & Cheesy Bread Stick Refried Beans Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice 23
Teriyaki Chicken w/ WG Rolls OR Pizza Broccoli w/ Cheese Carrots w/ Dip Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 26	BBQ on WG Bun OR Fish w/ Tartar Sauce on WG Bun Baked Beans Cole Slaw Toss Salad w/ Dressing Choice Apricots Fresh Fruit Milk Choice 27	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 28	Chicken Nuggets OR Lasagna WG Roll Mixed Veggies Cream Potatoes Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 29	Chicken on WG Bun OR Ham & Cheese on WG Bun Lettuce & Tomato Steamed Carrots Fries Toss Salad w/ Dressing Choice Blueberries Fresh Fruit Milk Choice 30

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.

