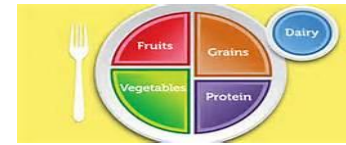




START EVERY DAY WITH BREAKFAST

## Walker County School



½ cup of fruit or juice must be on your tray.

### ONLINE MENUS

September 28 (Lunch) – Oct 1 (Breakfast)

Monday	Tuesday	Wednesday	Thursday
<b><u>BREAKFAST</u></b>			
X	Cereal Choice Yogurt Applesauce Juice 100% Milk Choice 9-29	Breakfast Pizza Raisins Juice 100% Milk Choice 9-30	Biscuit w/ Chicken Patty Peaches Blueberries Milk Choice 10-1
<b><u>LUNCH</u></b>			
Pizza Baby Carrots Green Beans Applesauce/Frozen Fruit Milk Choice 9-28	Chicken Nuggets Roll Mixed Veggies Steamed Broccoli Strawberries/Raisins Milk Choice 9-29	Hot Dog Chips Baked Beans Baby Carrots w/ Dip Peaches/Blueberries Milk Choice 9-30	X

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.