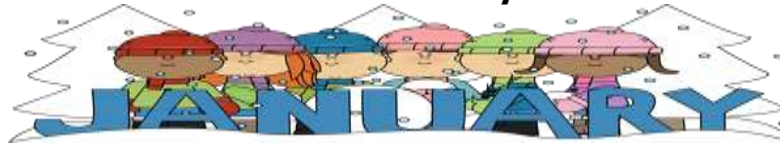




# Walker County School



START EVERY DAY WITH BREAKFAST

## ONLINE MENUS

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

**January 19th (Lunch) – January 26th (Breakfast)**

PICK UP ON TUESDAY, JANUARY 19<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>BREAKFAST</u></b>				
1-25 Biscuit w/ Sausage Patty 1 - Fruit Juice 100 % Milk Choice	1-26 Biscuit w/ Chicken Patty 2- Fruits Milk Choice	1-20 Cereal 2- Fruits Milk Choice	1-21 Pop Tart 2 (4 oz) Boxed Fruit Juice Milk Choice	1-22 Pancakes 2 – Fruits Milk Choice
<b><u>LUNCH</u></b>				
Teriyaki Chicken Roll Mixed Veggies Baked Beans (K- 8) 1 - Fruit (9-12) 2 - Fruits Milk Choice 1-25	PB&J Sandwich Sun Chips Broccoli w/ Dip (K- 8) 1 - Fruit (9-12) 2 - Fruits Milk Choice 1-19	Hamburger on WG Bun Chips Refried Beans Corn (K- 8) 1 - Fruit (9-12) 2 - Fruits Milk Choice 1-20	PB&J Sandwich WG Chips Baby Carrots w/ Dip (K-8) Fruit Juice (4 oz Boxed) (9-12) 2 - Fruit Juice (4 oz Boxed) Milk Choice 1-21	PB&J Sandwich Sun Chips Baby Carrots w/ Dip (K- 8) 1 - Fruit (9-12) 2 - Fruits Milk Choice 1-22
<b><u>SNACK</u></b>				
1-25 WG Chips (6.75 oz) Boxed Fruit Juice	1-19 Elf Shape/ Sport Graham Crackers (6.75 oz) Boxed Fruit Juice	1-20 PB&J Sandwich Water	1-21 Fritos Corn Chips (6.75 oz) Boxed Fruit Juice	1-22 Goldfish Pretzels (6.75 oz) Boxed Fruit Juice

MENU SUBJECT TO CHANGE BASED UPON AVAILABILTY OF FOOD

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

**Breakfast provides 25 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.