



START EVERY DAY WITH BREAKFAST

# Walker County School



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

## ONLINE MENUS

March 2 (Lunch) – March 9 (Breakfast)

**PICK UP ON TUESDAY, MARCH 2<sup>nd</sup>**

(Week 2)

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>BREAKFAST</u></b>				
<b>3-8</b> Biscuit w/ Sausage Patty Peaches Blueberries Milk Choice	<b>3-9</b> Cereal 2- Raisins Milk Choice	<b>3-3</b> Biscuit w/ Chicken Blueberries Frozen Juice 100% Milk Choice	<b>3-4</b> Pop Tart 2 (4 oz) Boxed Fruit Juice Milk Choice	<b>3-5</b> Pancakes 2 – Applesauce Cup Milk Choice
<b><u>LUNCH</u></b>				
Hamburger on WG Bun Chips Refried Beans Corn (K- 8) 1 - Fruit (9-12) 2 - Fruits Milk Choice <b>3-8</b>	PB&J* Sandwich Sun Chips Broccoli w/ Dip Peaches, Frozen Milk Choice Dr. Seuss Birthday Cake <b>3-2</b>	Teriyaki Chicken Roll Mixed Veggies Baked Beans (K- 8) 1 - Apricots (9-12) 2 - Fruits Milk Choice <b>3-3</b>	PB&J* Sandwich WG Chips Baby Carrots w/ Dip Fruit Juice (4 oz Boxed) Milk Choice <b>3-4</b>	PB&J* Sandwich Sun Chips Baby Carrots w/ Dip Applesauce Cup (1) Milk Choice <b>3-5</b>
<b><u>SNACK</u></b>				
<b>3-8</b> WG Chips (6.75 oz) Boxed Fruit Juice	<b>3-2</b> Elf Shape/ Sport Graham Crackers (6.75 oz) Boxed Fruit Juice	<b>3-3</b> Choc Chip Cookies (6.75 oz) Boxed Fruit Juice	<b>3-4</b> Fritos Corn Chips (6.75 oz) Boxed Fruit Juice	<b>3-5</b> Goldfish Pretzels (6.75 oz) Boxed Fruit Juice

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.**

\* Substituting WOW butter for peanut butter will be allowed for students with a peanut allergy.