



START EVERY DAY WITH BREAKFAST

# Walker County School



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

## ONLINE MENUS

March 16th (Lunch) – March 23th (Breakfast)

PICK UP ON TUESDAY, March 16<sup>th</sup> (Week 1)

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>BREAKFAST</u></b>				
3-22 Biscuit w/ Chicken Patty Peaches Blueberries Milk Choice	3-23 Cereal 2- Raisins Milk Choice	3-17 Breakfast Pizza Blueberries, Frozen Juice 100% Milk Choice	3-18 Pop Tart 2 (4 oz) Boxed Fruit Juice Milk Choice	3-19 Pancakes 2 – Applesauce Cup Milk Choice
<b><u>LUNCH</u></b>				
Hotdog Baked Beans Carrots steamed Applesauce/ Frozen Fruit Milk Choice 3-22	PB&J Sandwich Sun Chips Broccoli w/ Dip Peaches, Frozen Milk Choice 3-16	Chicken Nuggets Roll Mixed Veggies Corn Apricots/Raisins Milk Choice 3-17	PB&J Sandwich WG Chips Baby Carrots w/ Dip Fruit Juice (4 oz Boxed) Milk Choice 3-18	PB&J Sandwich Sun Chips Baby Carrots w/ Dip Applesauce Cup (1) Milk Choice 3-19
<b><u>SNACK</u></b>				
<b>3-22</b> WG Chips (6.75 oz) Boxed Fruit Juice	<b>3-16</b> Elf Shape/ Sport Graham Crackers (6.75 oz) Boxed Fruit Juice	<b>3-17</b> Choc Chip Cookies (6.75 oz) Boxed Fruit Juice	<b>3-18</b> Fritos Corn Chips (6.75 oz) Boxed Fruit Juice	<b>3-19</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.