

JANUARY 2024

Walnut Ridge School K-12

BREAKFAST



**This school is an equal opportunity provider.
Menus are subject to change.**

Each meal comes with 8oz milk, 4oz juice and 1/2 cup fruit.



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

MONDAY

Christmas Break

1

No School

TUESDAY

Christmas Break

2

No School

WEDNESDAY

Cereal Bar

3

THURSDAY

Sausage & Biscuit

4

FRIDAY

WG Muffin

5

Cereal Bar

8

Apple Frudel

9

Pancake on a stick

10

Sausage & Biscuit

11

WG Muffin

12

**Martin Luther King
Jr Day**

15

No School

Cherry Frudel

16

Pancake on a stick

17

Sausage & Biscuit

18

WG Muffin

19

Cereal Bar

22

Mini Cinns

23

Pancake on a stick

24

Sausage & Biscuit

25

WG Muffin

26

Cereal Bar

29

Strawberry Cream
Cheese Bagel

30

Pancake on a stick

31

