

NOVEMBER 2022

Walnut Ridge School

BREAKFAST



This school is an equal opportunity provider.

Menus are subject to change.



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Each meal comes with 8oz milk, 4oz juice and ½ cup fruit.

Pancake on a Stick

1

Breakfast Burrito

2

Sausage & Biscuit

3

Cereal Bar

4

Banana Muffin

7

Pancake on a Stick

Breakfast Burrito

Sausage & Biscuit

10

Cereal Bar

11

Blueberry Muffin

14

Pancake on a Stick

15

Breakfast Burrito

16

Sausage & Biscuit

17

Cereal Bar

18

No School

21

No School

22

No School

23

No School

24

No School

25

Thanksgiving Break

Thanksgiving Break

Thanksgiving Break

Thanksgiving Break

Thanksgiving Break

Chocolate Chip Muffin

Pancake on a Stick

Breakfast Burrito

