

JUNE 2023

Walnut Ridge School

BREAKFAST



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



June is National Dairy Month! Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

Reference: USDA MyPlate

MONDAY

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Asst Cereal Bowls

5

Pancake on a Stick

6

French Toast Triple Berry

7

Sausage & Biscuit

8

Asst Muffins

9

Asst Cereal Bowls

12

Pancake on a Stick

13

Mini Waffles

14

Sausage & Biscuit

15

Asst Muffins

16

Asst Cereal Bowls

19

Pancake on a Stick

20

French Toast Sticks

21

Sausage & Biscuit

22

Asst Muffins

23

Asst Cereal Bowls

26

Pancake on a Stick

27

Mini Pancakes

28

Sausage & Biscuit

29

Asst Muffins

30