

MAY 2023

Walnut Ridge Pre School

BREAKFAST



This school is an equal opportunity provider.

Menus are subject to change.



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast Burrito

1

Pancake on a Stick

2

WG Muffin

3

Sausage & Biscuit

4

Cereal & Yogurt

5

Breakfast Burrito

8

Pancake on a Stick

9

WG Muffin

10

Sausage & Biscuit

11

Cereal & Yogurt

12

Breakfast Burrito

15

Pancake on a Stick

16

WG Muffin

17

Sausage & Biscuit

18

Cereal & Yogurt

19

Cooks Choice

22

Cooks Choice

23

Cooks Choice

24

25

26

Memorial Day

29

30

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

31

