

# NOVEMBER 2023

## Walnut Ridge Pre-K

### 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



WG Muffin

1

Sausage & Biscuit

2

Breakfast Pizza

3

Cereal & Yogurt

6

Breakfast Burrito

7

WG Muffin

8

Sausage & Biscuit

9

Breakfast Pizza

10

Cereal & Yogurt

13

Breakfast Burrito

14

WG Muffin

15

Sausage & Biscuit

16

Breakfast Pizza

17

**Thanksgiving  
Break**

20

**Thanksgiving  
Break**

21

**Thanksgiving  
Break**

22

**Thanksgiving  
Break**

23

**Thanksgiving  
Break**

24

**No School**

**No School**

**No School**

**No School**

**No School**

Cereal & Yogurt

27

Breakfast Burrito

28

WG Muffin

29

Sausage & Biscuit

30

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