

NOVEMBER 2023

Walnut Ridge K-12

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



Pancake on a Stick

1

Sausage & Biscuit

2

Super Donut

3

Cereal Bar

6

Breakfast Burrito

7

WG Muffin

8

Sausage & Biscuit

9

Honey Bun

10

Cereal Bar

13

Breakfast Burrito

14

WG Muffin

15

Sausage & Biscuit

16

White Donut

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 Bar

27

Breakfast Burrito

28

WG Muffin

29

Sausage & Biscuit

30

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