



Washoe County Middle School Lunch February 2012

Website: www.washoe.k12.nv.us/parents/nutrition-services

Regional, Comfort & World Flavors

Main Course

		1 Sweet & Sour Chicken w/ w Brown Rice Tortilla Station	2 Macaroni & Cheese w/ Breadstick Tortilla Station	3 Chicken & Bacon Patty Melt Tortilla Station
6 BBQ Chicken Sandwich Tortilla Station	7 Beef &/or Bean Taco Bar w/ Santé Fe Rice Tortilla Station	8 Salisbury Steak w/ Mashed Potatoes Tortilla Station	9 Chicken Bean Burrito w/ Santé Fe Rice Tortilla Station	10 Spaghetti & Meatballs w/ Breadstick Tortilla Station
13 BBQ Beef Riblet w/ Cole Slaw Tortilla Station	14 Baked Chicken Nuggets w/ Roll Tortilla Station	15 Chicken & Noodles w/ Breadstick Tortilla Station	16 Asian-Style Beef & Broccoli w/ Brown Rice Tortilla Station	17 Chicken Veggie Fajitas w/ Brown Rice Tortilla Station
20 Presidents' Day	21 Homestyle Meatloaf w/ Mashed Potatoes Tortilla Station	22 Sweet & Sour Chicken w/ w Brown Rice Tortilla Station	23 Macaroni & Cheese w/ Breadstick Tortilla Station	24 Chicken & Bacon Patty Melt Tortilla Station
27 BBQ Chicken Sandwich Tortilla Station	28 Beef &/or Bean Taco Bar w/ Santé Fe Rice Tortilla Station	29 Salisbury Steak w/ Mashed Potatoes Tortilla Station	Mar 1 Chicken Bean Burrito w/ Santé Fe Rice Tortilla Station	2 Spaghetti & Meatballs w/ Breadstick Tortilla Station

Pepperoni & Cheese Available Daily

Pizzeria

w Chicken Parm Stromboli w Pepperoni Pizza w v Cheese Pizza	w Greek Pizza w Pepperoni Pizza w v Cheese Pizza	w BBQ Chicken Stromboli w Pepperoni Pizza w v Cheese Pizza	w Cheeseburger Pizza w Pepperoni Pizza w v Cheese Pizza	w Meatball Pizza w Pepperoni Pizza w v Cheese Pizza
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Burgers & Chicken Sandwiches Available Daily

Grille

w Grilled Turkey & Swiss w Hamburger w Cheeseburger w Chicken Patty Sandwich	w BBQ Chicken Melt w Hamburger w Cheeseburger w Chicken Patty Sandwich	w Taco Burger w Hamburger w Cheeseburger w Chicken Patty Sandwich	w Honey Mustard Chicken Sandwich w Hamburger w Cheeseburger w Chicken Patty Sandwich	w Crunchy Fish Sandwich w Hamburger w Cheeseburger w Chicken Patty Sandwich
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Sandwiches, Wraps and/or Salads available daily

Deli & Greens

w Chicken Salad Wrap Mediterranean Chicken Salad	w Southwest Beef Wrap E Thai Chicken Salad	w Turkey & Cheese Sandwich Chicken Caesar Salad	w Turkey & Cheese Sub Turkey-Ham Pizza Salad	w Buffalo Chicken Wrap w E Sesame Chicken Noodle Salad
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Take 3

To make it a meal, add fruits and vegetables & your choice of milk. Daily selections may include but are not limited to the following:



Milk varieties include 1% low fat & flavored fat-free choices

<ul style="list-style-type: none"> ● Baked French Fries ○ Apple Slices ● Baby Carrots ● Celery Sticks ○ Sliced Peaches ● Garden Salad 	<ul style="list-style-type: none"> ● Green Beans ● Fresh Oranges ● Broccoli Tops ● Green Peppers ● Garden Salad ○ Mixed Fruit in Juice 	<ul style="list-style-type: none"> ● Peas & Carrots ○ Fresh Grapes ● Fresh Cucumber ○ Pineapple Chunks ● Baby Carrots ● Garden Salad 	<ul style="list-style-type: none"> ● Kickin' Pintos ○ Fresh Banana ● Celery Sticks ● Spinach Leaves ● Garden Salad ● Mandarin Oranges 	<ul style="list-style-type: none"> ● Sweet Golden Corn ○ Mixed Fruit ● Fresh Tomato ● Garden Salad ● Zucchini Stix ○ Fresh Plum
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- ◆ Please notify your Manager if you have any special dietary needs.
- ◆ Please inform the Manager of any major food allergy you may have before placing an order. When necessary, we will make an appropriate recommendation or substitution.



w Made with Heart Healthy Whole Grain Serving v Ovo-Lacto Vegetarian; may contain Eggs & Milk
E Eat Well Selection™; lower fat & lower sodium

Menu subject to change. This is a nut-free menu.

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This institution is an equal opportunity provider

