




Washoe County Elementary Breakfast Menu & Breakfast in the Classroom* (BIC) Menu February 2012 — Early March



Made with healthy
Whole Grains



Local ingredients are
used when in season

<p>6 Breakfast Burrito ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Applesauce</p>	<p>7 Stacked Pancakes ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Assorted Juices</p>	<p>8 Lowfat Yogurt Fruit & Granola Cup Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Peach Cup</p>	<p>9 Mini French Toast ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Fresh Banana</p>	<p>10 Bagel ^{WG} w/ Cream Cheese Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Apple Slices</p>
<p>13 Lowfat Muffin & String Cheese ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Applesauce</p>	<p>14 Breakfast Burrito ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Assorted Juices</p>	<p>15 Turkey-Ham, Egg & Cheese English Muffin Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Peach Cup</p>	<p>16 Stacked Pancakes ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Fresh Banana</p>	<p>17 Pancake On a Stick ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Apple Slices</p>
<p>20 Presidents' Day </p>	<p>21 Mini French Toast ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Peach Cup</p>	<p>22 Lowfat Yogurt Fruit & Granola Cup Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Strawberry Cup</p>	<p>23 Bagel ^{WG} w/ Cream Cheese Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Fresh Banana</p>	<p>24 Cheese Omelet w/ English Muffin ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Apple Slices</p>
<p>27 Breakfast Burrito ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Applesauce</p>	<p>28 Stacked Pancakes ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Assorted Juices</p>	<p>29 Breakfast Pizza ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Peach Cup</p>	<p>Mar 1 Mini French Toast ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Fresh Banana</p>	<p>2 Bagel ^{WG} w/Cream Cheese Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Apple Slices</p>
<p>5 Lowfat Muffin & String Cheese ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Applesauce</p>	<p>6 Breakfast Burrito ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Assorted Juices</p>	<p>7 Turkey-Ham, Egg & Cheese English Muffin Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Strawberry Cup</p>	<p>8 Stacked Pancakes ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Fresh Banana</p>	<p>9 Pancake On a Stick ^{WG} Assorted Cereals w/^{WG} Graham Crackers <i>featured sides</i> Apple Slices</p>

select an entree, then...

add some sides



Choice of Healthy Grains

Healthy grains, especially whole grain ones, get your body ready to learn.



Choice of Fruit or Juice

Fresh fruit varieties, juice packed 1 & 100% juice available daily



Choice of Milk

Varieties include 1% low fat and fat-free; flavored and unflavored

PLEASE NOTE: This is a nut-free menu.

*All "Breakfast In The Classroom" (BIC) schools will receive the featured fruit item. BIC will also receive the featured entree unless otherwise noted with a * symbol

Menu subject to change without notice.

Start your child's day off right with a good breakfast! A balanced meal in the morning provides the energy and nutrition your child needs to fuel the brain and body.

This institution is an equal opportunity provider.

