



Washoe County Schools Elementary Lunch Menu

February 2012 — Early March

6
W Meatball Pizza Hoagie
W Baked Chicken Nuggets
W Turkey-Ham & Cheese Sub
E Macaroni & Turkey-Ham Salad
side items
 ● Crunchy Tater Tots
 ● Celery Stix & Baby Carrots
 Diced Pears & Fresh Apple

7
W Turkey Teriyaki
W Ace's Cheeseburger
W E Tuna Salad on Bun
 Turkey-Ham Chef Salad
side items
 ● Cheesy Broccoli
 ● Baby Carrots & Celery Stix
 Mixed Fruit & **Satsuma**

8
W Beefy Soft Taco w/ Lettuce & Cheese
W V Cheese Quesadilla
W Italian Sub
 Turkey Caesar Chef Salad
side items
 ● Country Vegetables
 ● Broccoli Tops & Baby Carrots
 Applesauce & Whole Banana

9
Ranch-Style Chili con Carne w/ Cornbread
W Chicken & Turkey-Bacon Melt
W V SunButter & Jelly Sandwich
 Turkey-Ham Chef Salad
side items
 ● Golden Sweet Corn
 ● Celery Stix & Side Salad
 Pineapple Chunks & Apple Slices

10
W V Macaroni & Cheese w/ Warm Pretzel
W Turkey Frank on Bun
W All-American Wrap
 Turkey Chef Salad
side items
 ● California Veggie Blend
 ● Baby Carrots, Tomato & Cucumber
 Applesauce & Fresh Orange


13
W BBQ Turkey Sandwich
W Ace's Pepperoni Pizza
W Turkey & Cheese Sub
E Macaroni & Turkey-Ham Salad
side items
 ● Crunchy Tater Tots
 ● Celery Stix & Baby Carrots
 Diced Pears & Fresh Apple

14 ♥♥♥♥♥
W Sweet & Sour Chicken w/ Brown Rice
W BBQ Riblet on Bun
W Chicken Salad Wrap
 Turkey-Ham Chef Salad
side items
 ● Italian Veggie Blend
 ● Celery Stix & Side Salad
 Diced Peaches & **Satsuma**
VALENTINE'S DAY TREAT!

15
W V Cheese Enchiladas
 Turkey Corn Dog
W V Egg Salad on Bun
 Turkey Caesar Chef Salad
side items
 ● Peas & Carrots
 ● Broccoli Tops & Baby Carrots
 Applesauce & Whole Banana

16
W Fun Fish Nuggets w/ Warm Pretzel
W Spaghetti & Meatballs
W Turkey-Bologna & Cheese Wrap
V Veggie Chef Salad
side items
 ● Golden Sweet Corn
 ● Celery Stix & Side Salad
 Pineapple Chunks & Apple Slices

17
W V Grilled Cheese Sandwich
 Salisbury Steak & Mashed Potatoes
W Turkey & Cheese Sub
 Pepperoni Pizza Chef Salad
side items
 ● California Veggie Blend
 Baby Carrots, Tomato & Cucumber
 Applesauce & Fresh Orange
PRESIDENT'S DAY TREAT!

20
Presidents' Day


21
W Baked Chicken Nuggets w/ Warm Pretzel
W V Bean & Cheese Burrito
W Turkey & Cheese Sub
E Macaroni & Turkey-Ham Salad
side items
 ● Crunchy Tater Tots
 ● Celery Stix & Baby Carrots
 Diced Pears & Fresh Apple

22
W Chicken & Noodles w/ Biscuit
W Ace's Pepperoni Pizza
W Turkey-Ham Hoagie
 Turkey-Ham Chef Salad
side items
 ● Golden Sweet Corn
 ● Broccoli Tops & Baby Carrots
 Diced Pears & Whole Banana

23
Homestyle Meatloaf w/ Mashed Potatoes
W V Grilled Cheese Sandwich
W V SunButter & Jelly Sandwich
 Pepperoni Pizza Chef Salad
side items
 ● Green Beans
 ● Celery Stix & Side Salad
 Pineapple Chunks & Apple Slices

24
Beefy Ravioli w/ Roll
W Fun Fish Nuggets w/ Pretzel
W All-American Wrap
 Turkey Chef Salad
side items
 ● Country Vegetables
 ● Baby Carrots, Tomato & Cucumber
 Diced Peaches & Fresh Orange

27
W Meatball Pizza Hoagie
W Baked Chicken Nuggets
W Turkey-Ham & Cheese Sub
E Macaroni & Turkey-Ham Salad
side items
 ● Crunchy Tater Tots
 ● Celery Stix & Baby Carrots
 Diced Pears & Fresh Apple

28
W Turkey Teriyaki
W Ace's Cheeseburger
W E Tuna Salad on Bun
 Turkey-Ham Chef Salad
side items
 ● Cheesy Broccoli
 ● Baby Carrots & Celery Stix
 Mixed Fruit & **Strawberry Cup**

29
W Beefy Soft Taco w/ Lettuce & Cheese
W V Cheese Quesadilla
W Italian Sub
 Turkey Caesar Chef Salad
side items
 ● Country Vegetables
 ● Broccoli Tops & Baby Carrots
 Applesauce & Whole Banana

Mar 1
Ranch-Style Chili con Carne w/ Cornbread
W Chicken & Turkey-Bacon Melt
W V SunButter & Jelly Sandwich
 Turkey-Ham Chef Salad
side items
 ● Golden Sweet Corn
 ● Celery Stix & Side Salad
 Pineapple Chunks & Apple Slices

2
W V Macaroni & Cheese w/ Warm Pretzel
W Turkey Frank on Bun
W All-American Wrap
 Turkey Chef Salad
side items
 ● California Veggie Blend
 ● Baby Carrots, Tomato & Cucumber
 Applesauce & Fresh Orange

5
W BBQ Turkey Sandwich
W Ace's Pepperoni Pizza
W Turkey & Cheese Sub
E Macaroni & Turkey-Ham Salad
side items
 ● Crunchy Tater Tots
 ● Celery Stix & Baby Carrots
 Diced Pears & Fresh Apple

6
W Sweet & Sour Chicken w/ Brown Rice
W BBQ Riblet on Bun
W Chicken Salad Wrap
 Turkey-Ham Chef Salad
side items
 ● Italian Veggie Blend
 ● Celery Stix & Side Salad
 Diced Peaches & **Satsuma**

7
W V Cheese Enchiladas
 Turkey Corn Dog
W V Egg Salad on Bun
 Turkey Caesar Chef Salad
side items
 ● Peas & Carrots
 ● Broccoli Tops & Baby Carrots
 Applesauce & Whole Banana

8
W Fun Fish Nuggets w/ Warm Pretzel
W Spaghetti & Meatballs
W Turkey-Bologna & Cheese Wrap
V Veggie Chef Salad
side items
 ● Golden Sweet Corn
 ● Celery Stix & Side Salad
 Pineapple Chunks & Apple Slices

9
W V Grilled Cheese Sandwich
 Salisbury Steak & Mashed Potatoes
W Turkey & Cheese Sub
 Pepperoni Pizza Chef Salad
side items
 ● California Veggie Blend
 Baby Carrots, Tomato & Cucumber
 Applesauce & Fresh Orange



We offer four entrée choices everyday: two hot features, one deli sandwich and one entrée salad. Menu subject to change without notice.

- Please notify Manager if you have any special dietary needs
- Use our icons below to create a healthy meal!
- Visit us at: www.washoe.k12.nv.us/parents/nutrition-services

W Made with Healthy Whole Grains
E Eat Well Selection™ Lower Fat, Lower Sodium

V Ovo-Lacto Vegetarian, may contain Egg & Milk
 Local ingredients are always used when in season

Each entrée includes up to 6 side items & choice of milk

Fruit and Vegetable Cart



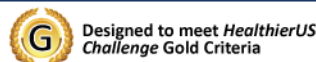
In addition to the featured side items listed above, we offer a daily rotation of vitamin rich fruits and vegetables that may include: salad greens, apples, oranges, baby carrots, celery, zucchini, banana, spinach, and juice-packed fruits.

Grain Choice
 Nutrient dense whole grain breads, noodles, tortillas & snacks



Milk Choice
 Varieties include 1% low fat & flavored fat-free choices

This institution is an equal opportunity provider.
 This is a nut-free menu.



● www.washoe.k12.nv.us/parents/nutrition-services