



# Washoe County Schools

Middle School & High School

February  
2012

## Breakfast Menu

<p><b>1</b> Fluffy Waffle <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>2</b> Assorted Lowfat Muffins <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>1</b> Breakfast Burrito <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>2</b> Lowfat Muffin w/ String Cheese <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>3</b> Fluffy Pancakes <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>
<p><b>6</b> Fluffy Waffle <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>7</b> Lowfat Muffin w/ String Cheese <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>8</b> Fluffy Pancakes <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>9</b> Breakfast Pizza <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>10</b> Pancake On a Stick <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>
<p><b>13</b> Mini French Toast <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>14</b> Breakfast Pizza <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>15</b> Breakfast Burrito <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>16</b> Lowfat Muffin w/ String Cheese <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>17</b> Fluffy Pancakes <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>
<p><b>20</b> Presidents' Day</p>	<p><b>21</b> Lowfat Muffin w/ String Cheese <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>22</b> Fluffy Pancakes <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>23</b> Breakfast Pizza <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>24</b> Pancake On a Stick <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>
<p><b>27</b> Mini French Toast <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>28</b> Breakfast Pizza <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>29</b> Breakfast Burrito <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>Mar 1</b> Lowfat Muffin w/ String Cheese <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>	<p><b>2</b> Fluffy Pancakes <sup>WG</sup></p> <p>Grab-n-Go Sandwiches</p> <p><i>featured sides</i></p> <p>Fresh Fruit Selections 100% Fruit Juices</p>



### Bagels Every Day <sup>WG</sup>

The Bagel Bar has a variety of toppings and spreads every day! We also offer cinnamon toast every day!



### Hot and Cold Cereals <sup>WG</sup> & Fruits Daily!

We offer a daily hot and cold cereal station as well as fresh fruits every day that include apples, oranges, bananas, raisins, and more.

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 fruits & 100% juice available daily

**Choice of Milk**  
Varieties include 1% low fat and fat-free; flavored and unflavored

This is a  
nut-free menu



### Yogurt Parfaits Every Day!

Flavored yogurts in a cup - grab-n-go parfaits with a variety of fruits and granola toppings!  
**DELICIOUS!**

This institution is an  
equal opportunity provider



\*Menu subject to change