



# Washoe County Schools Elementary Lunch

## December — January 2012

<b>5</b> <b>W</b> Baked Chicken Nuggets <b>W V</b> Bean & Cheese Burrito <b>W</b> Turkey & Cheese Sub <b>E V</b> Pasta Salad w/ Crackers <i>side items</i> <ul style="list-style-type: none"> <li>Crunchy Tater Tots</li> <li>Celery Stix &amp; Baby Carrots</li> <li>Diced Pears &amp; Fresh Apple</li> </ul>	<b>6</b> <b>W</b> Asian-Style Beef Lo Mein <b>W</b> Ace's Cheeseburger <b>W E</b> Tuna Salad on Bun Turkey Caesar Chef Salad <i>side items</i> <ul style="list-style-type: none"> <li>Green Peas</li> <li>Baby Carrots &amp; Fresh Spinach</li> <li>Peach Cup &amp; Seasonal Fruit</li> </ul>	<b>7</b> <b>W</b> Chicken & Noodles w/ Biscuit <b>W</b> Ace's Pepperoni Pizza <b>W</b> Turkey-Ham Hoagie Turkey-Ham Chef Salad <i>side items</i> <ul style="list-style-type: none"> <li>Golden Sweet Corn</li> <li>Broccoli Tops &amp; Baby Carrots</li> <li>Diced Pears &amp; Whole Banana</li> </ul>	<b>8</b> <b>W</b> Homestyle Meatloaf w/ Mashed Potatoes <b>W V</b> Grilled Cheese Sandwich <b>W V</b> SunButter & Jelly Sandwich <b>W V</b> Baja Salad w/ Crackers <i>side items</i> <ul style="list-style-type: none"> <li>Green Beans</li> <li>Celery Stix &amp; Side Salad</li> <li>Pineapple Chunks &amp; Apple Slices</li> </ul>	<b>9</b> <b>W</b> Chicken Alfredo Pasta w/ Pretzel Stick <b>W</b> Fun Fish Nuggets w/ Pretzel <b>W</b> All-American Wrap Turkey Chef Salad w/ Crackers <i>side items</i> <ul style="list-style-type: none"> <li>Country Vegetables</li> <li>Baby Carrots, Tomato &amp; Cucumber</li> <li>Diced Peaches &amp; Fresh Orange</li> </ul>
<b>12</b> <b>W</b> Meatball Pizza Hoagie <b>W</b> Baked Chicken Nuggets <b>W</b> Turkey-Ham & Cheese Sub <b>E V</b> Pasta Salad w/ Crackers <i>side items</i> <ul style="list-style-type: none"> <li>Crunchy Tater Tots</li> <li>Celery Stix &amp; Baby Carrots</li> <li>Diced Pears &amp; Fresh Apple</li> </ul>	<b>13</b> <b>W</b> Turkey Teriyaki w/ Brown Rice <b>W</b> Ace's Cheeseburger <b>W E</b> Tuna Salad on Bun Turkey-Ham Chef Salad <i>side items</i> <ul style="list-style-type: none"> <li>Cheesy Broccoli</li> <li>Baby Carrots &amp; Celery Stix</li> <li>Peach Cup &amp; Seasonal Fruit</li> </ul>	<b>14</b> <b>W</b> Beefy Soft Taco w/ Lettuce & Cheese <b>W</b> Fun Fish Nuggets w/ Pretzel <b>W</b> Italian Sub Turkey Caesar Chef Salad <i>side items</i> <ul style="list-style-type: none"> <li>Country Vegetables</li> <li>Broccoli Tops &amp; Baby Carrots</li> <li>Applesauce &amp; Whole Banana</li> </ul>	<b>15</b> <b>Ace's Favorites!</b> <b>W</b> Ranch-Style Chili con Carne w/ Cornbread <b>W</b> Chicken & Turkey-Bacon Melt <b>W V</b> SunButter & Jelly Sandwich Turkey-Ham Pizza Salad <i>side items</i> <ul style="list-style-type: none"> <li>Golden Sweet Corn</li> <li>Celery Stix &amp; Side Salad</li> <li>Pineapple Chunks &amp; Apple Slices</li> </ul>	<b>16</b> <b>W V</b> Macaroni & Cheese w/ Pretzel Stick <b>W</b> Turkey Frank on Bun <b>W</b> All-American Wrap Turkey Chef Salad <i>side items</i> <ul style="list-style-type: none"> <li>California Veggie Blend</li> <li>Baby Carrots, Tomato &amp; Cucumber</li> <li>Applesauce &amp; Fresh Orange</li> </ul>
<b>19</b> <b>W</b> BBQ Turkey Sandwich <b>W V</b> Ace's Cheese Pizza <b>W</b> Turkey & Cheese Sub <b>E V</b> Pasta Salad w/ Crackers <i>side items</i> <ul style="list-style-type: none"> <li>Crunchy Tater Tots</li> <li>Celery Stix &amp; Baby Carrots</li> <li>Diced Pears &amp; Fresh Apple</li> </ul>	<b>20</b> <b>W</b> Sweet & Sour Chicken w/ Brown Rice <b>W</b> BBQ Riblet on Bun <b>W</b> Buffalo Chicken Wrap Turkey-Ham Chef Salad <i>side items</i> <ul style="list-style-type: none"> <li>Italian Veggie Blend</li> <li>Celery Stix &amp; Side Salad</li> <li>Peach Cup &amp; Seasonal Fruit</li> </ul>	<b>21</b> <b>W</b> Cheese Quesadillas Turkey Corn Dog <b>W V</b> Egg Salad on Bun Turkey Caesar Chef Salad <i>side items</i> <ul style="list-style-type: none"> <li>Peas &amp; Carrots</li> <li>Broccoli Tops &amp; Baby Carrots</li> <li>Applesauce &amp; Whole Banana</li> </ul>	<b>22</b> <b>Thanksgiving Meal!</b> <b>W</b> Turkey & Gravy w/ Mashed Potatoes <b>W</b> Baked Chicken Nuggets <b>W</b> All-American Wrap Turkey-Ham Pizza Salad <i>side items</i> <ul style="list-style-type: none"> <li>Golden Sweet Corn</li> <li>Celery Stix &amp; Side Salad</li> <li>Pineapple Chunks &amp; Apple Slices</li> </ul>	<b>23</b> <b>W V</b> Grilled Cheese Sandwich Salisbury Steak & Mashed Potatoes <b>W</b> Turkey & Cheese Sub <b>V</b> Baja Salad w/ Crackers <i>side items</i> <ul style="list-style-type: none"> <li>California Veggie Blend</li> <li>Baby Carrots, Tomato &amp; Cucumber</li> <li>Applesauce &amp; Fresh Orange</li> </ul>

## ENJOY YOUR WINTER BREAK

December 26, 2011 — January 6, 2012

<b>Jan 9</b> <b>W</b> Baked Chicken Nuggets <b>W V</b> Bean & Cheese Burrito <b>W</b> Turkey & Turkey-Ham Sub <i>side items</i> <ul style="list-style-type: none"> <li>Crunchy Tater Tots</li> <li>Celery Stix &amp; Baby Carrots</li> <li>Diced Pears &amp; Fresh Apple</li> </ul>	<b>10</b> <b>W</b> Asian-Style Beef Lo Mein <b>W</b> Ace's Cheeseburger <b>W E</b> Tuna Salad on Bun Turkey Caesar Chef Salad <i>side items</i> <ul style="list-style-type: none"> <li>Green Peas</li> <li>Baby Carrots &amp; Fresh Spinach</li> <li>Peach Cup &amp; Seasonal Fruit</li> </ul>	<b>11</b> <b>W</b> Chicken & Noodles w/ Biscuit <b>W</b> Ace's Pepperoni Pizza <b>W</b> Turkey-Ham Hoagie Turkey-Ham Chef Salad <i>side items</i> <ul style="list-style-type: none"> <li>Golden Sweet Corn</li> <li>Broccoli Tops &amp; Baby Carrots</li> <li>Diced Pears &amp; Whole Banana</li> </ul>	<b>12</b> <b>W</b> Homestyle Meatloaf w/ Mashed Potatoes <b>W V</b> Grilled Cheese Sandwich <b>W V</b> SunButter & Jelly Sandwich <b>W V</b> Baja Salad w/ Crackers <i>side items</i> <ul style="list-style-type: none"> <li>Green Beans</li> <li>Celery Stix &amp; Side Salad</li> <li>Pineapple Chunks &amp; Apple Slices</li> </ul>	<b>13</b> <b>NEW! Try this!</b> <b>W</b> Beefy Ravioli w/ Pretzel Stick <b>W</b> Fun Fish Nuggets w/ Pretzel <b>W</b> All-American Wrap Turkey Chef Salad w/ Crackers <i>side items</i> <ul style="list-style-type: none"> <li>Country Vegetables</li> <li>Baby Carrots, Tomato &amp; Cucumber</li> <li>Diced Peaches &amp; Fresh Orange</li> </ul>
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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](http://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.



Designed to meet HealthierUS Challenge Gold Criteria



• [www.washoe.k12.nv.us/parents/nutrition-services](http://www.washoe.k12.nv.us/parents/nutrition-services)