



Washington County Schools Breakfast Menu February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Scrambled Egg Grits or Assorted Cereal with WW Toast Assorted Fruit Juice Milk	2 Waffle w/ Ham or Assorted Cereal with WW Toast Fresh Apple Milk	3 WW Toast w/ Scramble Egg & Cheese or Assorted Cereal with WW Toast Assorted Fruit Juice Milk
6 WW Pancakes w/ Ham or Assorted Cereal with WW Toast Fresh Orange Milk	7 Scrambled Egg Grits or Assorted Cereal with WW Toast Assorted Fruit Juice Milk	8 Sausage Biscuit or Assorted Cereal with WW Toast Fresh Whole Fruit Milk	9 WW Toast w/ Scramble Egg & Cheese or Assorted Cereal with WW Toast Assorted Fruit Juice Milk	10 Cheese Grits & Sausage or Assorted Cereal WW Toast Assorted Fruit Juice Milk
13 Waffle w/ Ham or Assorted Cereal with WW Toast Fresh Apple Milk	14 Scrambled Egg Burrito or Assorted Cereal with WW Toast Assorted Fruit Juice Milk	15 French Toast Sliced Ham or Assorted Cereal with WW Toast Fresh Whole Fruit Milk	16 Sausage, Biscuit or Assorted Cereal with WW Toast Grapes Milk	17 Scrambled Eggs & Grits or Assorted Cereal with WW Toast Assorted Fruit Juice Milk
20 NO SCHOOL	21 Ham & Cheese Bagel or Assorted Cereal with WW Toast Assorted Fruit Juice Milk	22 Scrambled Eggs & Grits or Assorted Cereal with WW Toast Fresh Apple Milk	23 Waffles & Sausage or Assorted Cereal with WW Toast Fresh Whole Fruit Milk	24 Biscuit w/Sausage Gravy or Assorted Cereal with WW Toast Orange Slices Milk
27 Scrambled Eggs & Grits or Assorted Cereal with WW Toast Assorted Fruit Juice Milk	28 French Toast Sticks w/Sausage or Assorted Cereal with WW Toast Watermelon Slices Milk	29 Sausage, Biscuit or Assorted Cereal with WW Toast Grapes Milk		

Choice of Milk Offered Daily

Low fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and teeth. Try plain low fat yogurt at home as a tasty topping for tacos and baked potatoes, instead of fatty sour cream.



Washington County Schools Elementary Lunch Menu February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Parmesan Or Hot Ham & Cheese Sandwich *Tossed Salad Breadstick Chilled Pears Milk	2 Salisbury Steak Or Chicken Salad Platter Mashed Potatoes w/Gravy Wheat Roll Mixed Fruit Milk	3 Hot Dog w/Bun Or Tuna Salad Plate Baked Beans Fresh Orange *Milk Fish Sandwich available
6 Cheeseburger w/WW Bun Or Chicken Fajita Wrap Peas & Carrots Rosy Applesauce Milk	7 BBQ Chicken w/WW Bun Or Ham Chef Salad Tater Tots Mandarin Oranges Milk	8 Pasta W/Meat Sauce Or Chicken Salad Platter Mashed Potatoes w/Gravy Wheat Roll Mixed Fruit Milk	9 Taco w/Cheese, Lettuce, & Tomatoes Or Chicken Burrito Mexi-Corn Chilled Pineapple Milk Early release	10 WG Cheese Pizza Or Turkey & Cheese Sub *Potato Wedges Fresh Apple Milk Fish Sandwich available
13 Corn Dog Or Turkey Chef Salad Lima Beans Applesauce Milk	14 Grilled Cheese Sandwich Or Italian Chef Salad Vegetable Soup Fresh Apple Milk	15 Meatball Sub Or Chicken Fajita Wrap *Garden Salad Chilled Pineapple *Milk	16 Baked Chicken Or Turkey Chef Salad Mashed Potatoes & Gravy Chilled Peaches Wheat Roll Milk	17 Fish Sticks Or Ham & Cheese Sub Cheese Grits Chilled Pears *Milk Fish Sandwich available
20 No School	21 Chicken Nuggets Or Chicken Caesar Wrap Green Beans Applesauce Milk	22 *Spaghetti w/Meat Sauce Or Ham & Cheese Wrap Peas & Carrots Mandarin Oranges Garlic Bread Milk Fish Sandwich available	23 Chicken Pot Pie Or Tuna Sandwich *Garden Salad Sliced Peaches Milk	24 Cheese Pizza Or Chicken Fajita Wrap Potato Wedges Fresh Apple Milk Fish Sandwich available
27 Hot Dog w/Bun Or Tuna Salad Plate Baked Beans Fresh Orange *Milk	28 Cheeseburger w/WW Bun Or Turkey Chef Salad Mixed Vegetable Pineapple Milk	29 Salisbury Steak Or Chicken Salad Platter Mashed Potatoes w/Gravy Wheat Roll Mixed Fruit Milk		

Choice of Milk Offered Daily



An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.

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