

02

BREAKFAST BURRITO ▲ ▲
FRESH APPLE
ASSORTED MILK*

03

ELECTION DAY
NO SCHOOL

04

STRAWBERRY PANCAKES ▲
CINNAMON APPLESAUCE
ASSORTED MILK*

05

APPLE-CINN. MUFFIN ▲
FRESH BANANA
ASSORTED MILK*

06

APPLE FRUDEL ▲
MIXED FRUIT
ASSORTED MILK

09

MINI MAPLE WAFFLES ▲
FRESH APPLE
ASSORTED MILK*

10

CINNAMON
FRENCH TOAST STICKS ▲
FRESH BANANA
ASSORTED MILK*

11

VETERANS DAY
NO SCHOOL

12

OATMEAL CHOCOLATE
CHIP BENEFIT BAR ▲
MIXED FRUIT
ASSORTED MILK*

13

BREAKFAST BURRITO ▲ ▲
FRESH BANANA
ASSORTED MILK*

16

PANCAKES ▲
FRESH APPLE
ASSORTED MILK*

17

BERRY FRENCH TOAST ▲
FRESH BANANA
ASSORTED MILK*

18

BLUEBERRY MUFFIN ▲
SEASONAL FRESH FRUIT
ASSORTED MILK*

19

APPLE BLUEBERRY BAR ▲
FRESH BANANA
ASSORTED MILK*

20

MINI STRAWBERRY
CREAM CHEESE BAGELS ▲
MIXED FRUIT
ASSORTED MILK*

23

APPLE FRUDEL ▲
FRESH APPLE
ASSORTED MILK

24

CHOCOCHIP MUFFIN ▲
ROSY APPLESAUCE
ASSORTED MILK*

25

THANKSGIVING
NO SCHOOL

26

THANKSGIVING
NO SCHOOL

27

THANKSGIVING
NO SCHOOL

30

BREAKFAST BURRITO ▲ ▲
FRESH APPLE
ASSORTED MILK*

WHAT MAKES A REIMBURSABLE MEAL?

Choose at least one fruit and two additional components to make a meal. Students must take a minimum of 1/2 cup of fruit, plus two servings of any combination of these items: Meat/Meat Alt., Grain, Fruit, or Milk. Use the color-coded symbols to identify the meal components and help you select a balanced meal.

▲ MEAT/MEAT ALTERNATIVE ▲ GRAIN ▲ VEGETABLE ▲ FRUIT ▲ MILK

For more information on nutrition requirements, please visit www.WashoeSchools.net.

NUTRITION INFORMATION

We offer a daily rotation of vitamin-rich fruits, vegetables and assorted milk. Grain choices include nutrient-dense whole grain breads, pastas, tortillas and snacks. All items are whole grain, low sodium, and nut free. Please notify the kitchen manager if you have any dietary needs. Visit www.washoeschools.net for nutrition details.