

Harvest of the Month

Network for a Healthy California



PEAS

Garden Bar offerings may include:

- Leafy Greens
- Tomatoes
- Carrots
- Cucumbers
- Broccoli
- Garbanzo & Kidney Beans
- A Variety of Fruit
- Whole Grain Crackers and more!



Some of these choices may come from our local farmers.

ALLERGY ALERT!
The Nutrition Services Department uses peanut products. Food from this Department may come in contact with nut products.

For tips, information & more, visit:



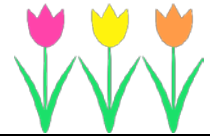
Menu subject to change without notice.

Our District is always working hard to improve student nutrition and wellness.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



Del Norte County Unified School District Preschool Menu - March 2017 BREAKFAST/ LUNCH



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | 1 | 2 | 3 |
| | | Breakfast Pizza or Cereal | Sunrise Sandwich or Cereal | Yogurt & Granola or Cereal |
| | | Whole Grain Corn Dog Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Pork Chops w/ Mashed Potatoes and Gravy Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Happy Birthday Day Chicken Strips w/ Seasoned Potato Wedges Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit |
| 6 | 7 | 8 | 9 | 10 |
| NATIONAL SCHOOL BREAKFAST WEEK MARCH 6-10 | | | | |
| Pancakes or Cereal | Yogurt Bar or Cereal | Pancake & Sausage on a Stick or Cereal | Sausage Bagel or Cereal | Mini Bagels or Cereal |
| Grilled Cheese on Sourdough Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Pepperoni Pizza Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | BBQ Rib Sandwich Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Pork Fried Rice & Egg Roll Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Popcorn Chicken & Tots Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit |
| 13 | 14 | 15 | 16 | 17 |
| French Toast or Cereal | Banana Bread or Cereal | Breakfast Pizza or Cereal | Sausage Biscuit or Cereal | Yogurt & Granola or Cereal |
| Mac & Cheese w/ Cornbread Muffin Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Cheeseburger Sliders Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Beef & Cheese Taco Stick Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Fajita Bar Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Chicken Strips & Seasoned Potato Wedges Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit |
| 20 | 21 | 22 | 23 | 24 |
| Omelet or Cereal | Apple Jacks | Sausage Bagel or Cereal | Ham & Cheese Muffin or Cereal | Mini Bagels or Cereal |
| Grilled Burrito Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Chicken Enchiladas Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Dunkers & Tots Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | California Thursday Cattlemen's Chili w/ Tostito Scoops Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Chicken Sandwich Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit |
| 27 | 28 | 29 | 30 | 31 |
| | Banana Bread or Cereal | Pancake & Sausage on a Stick or Cereal | Sunrise Sandwich or Cereal | Yogurt & Granola or Cereal |
| Staff Development No School | Classic Hamburger Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Beef Stroganoff Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Taco Bar Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit | Deli Turkey Sandwich w/ Kids Snack Mix Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit |

Our Goal! To enhance the diet and health of school children, help mitigate the childhood obesity trend, and support learning by promoting healthy habits that will last a lifetime!

**Del Norte Nutrition Services = Delicious and Nutritious
Ensuring student success everyday with quality school meals.**

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