

# Harvest of the Month

Network for a Healthy California



## PEAS

### Garden Bar offerings may include:

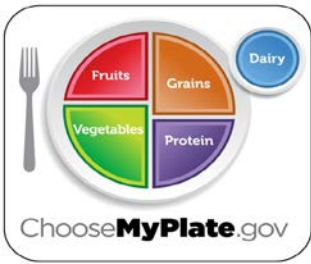
- Leafy Greens
- Tomatoes
- Carrots
- Cucumbers
- Broccoli
- Garbanzo & Kidney Beans
- A Variety of Fruit
- Whole Grain Crackers and more!



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:



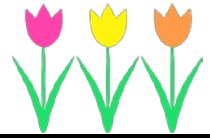
Menu subject to change without notice.

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 K-8 Menu - March 2017 BREAKFAST/ LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>take the <b>SCHOOL BREAKFAST Challenge</b> #SchoolBreakfastChallenge</p>		Breakfast Pizza or Cereal	Sunrise Sandwich or Cereal	Yogurt & Granola or Cereal
		Whole Grain Corn Dog	Pork Chops w/ Mashed Potatoes and Gravy	<b>Happy Birthday Day</b> Chicken Strips w/ Seasoned Potato Wedges
		Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit
6	7	8	9	10
<b>NATIONAL SCHOOL BREAKFAST WEEK MARCH 6-10</b>				
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	Pepperoni Pizza	BBQ Rib Sandwich	Pork Fried Rice & Egg Roll	Popcorn Chicken & Tots
Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	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	Cheeseburger Sliders	Beef & Cheese Taco Stick	Fajita Bar	Chicken Strips & Seasoned Potato Wedges
Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	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	Chicken Enchiladas	Dunkers & Tots	California Thursday Cattlemen's Chili w/ Tostito Scoops	Chicken Sandwich
Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	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	Beef Stroganoff	Taco Bar	Deli Turkey Sandwich w/ Kids Snack Mix
	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	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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