



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				Breakfast Pizza		Bagel w/ Cream Cheese		Sunrise Sandwich	
				BBQ Rib Sandwich		Meatloaf Muffins, Mashed Potatoes w/ Cornbread Muffin		Breadsticks w/ Marinara	
				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	
Cereal		French Toast		Sausage & Cheese on English Muffin		Yogurt w/ Granola		Muffin	
MINI DAY Smuckers PB&J		BBQ Pulled Pork Sandwich		CornDog		Chili Cheese Fries		Fish Sticks	
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	
Cereal		Mini Pancakes		Breakfast Pizza		Benefit Bar		Omelet	
Whole Grain Roll w/ Mac & Cheese & Steamed Broccoli		Chicken Salad Sandwich		BBQ Pulled Pork		Spaghetti & Corn		Vegetable Stir Fry w/ Egg Roll	
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	
Cereal		French Toast		Sausage & Cheese on English Muffin		Yogurt w/ Granola		Muffin	
Bread Sticks w/ Marinara		Chili w/ Cornbread		Popcorn Chicken		CALIFORNIA THURSDAY Pork Roast, Mashed Potatoes w/ Gravy		Beef Stroganoff	
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	
		Cereal		Breakfast Pizza		Benefit Bar		Omelet	
NO SCHOOL		HumFresh Burrito		BBQ Rib Sandwich		CALIFORNIA THURSDAY Chicken Fajita, Beans & Corn		Bread Sticks w/ Marinara	
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	

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.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339, or (800) 845-6136 (Spanish) USDA is an equal opportunity provider and employer.