

Harvest of the Month

Network for a Healthy California

Botanical name: *Persea americana*



AVOCADOS

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:



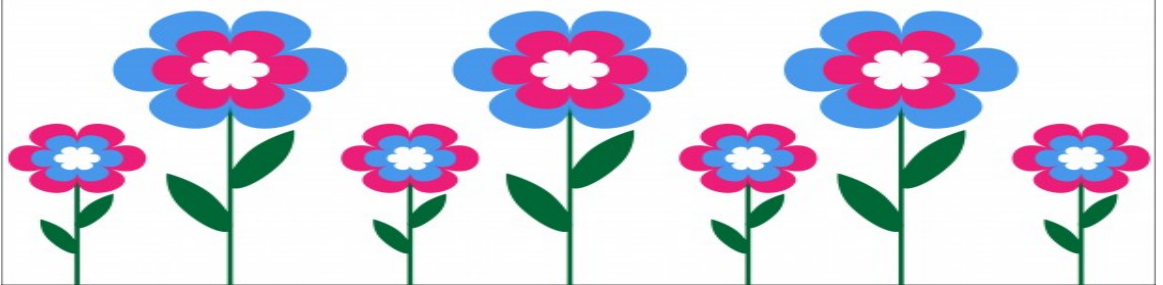
Menu subject to change without notice.

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 Sunset/ Del Norte Community/ Annex Menu - April 2017 BREAKFAST/ LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	3		4		5		6		7
Cereal		Mini Pancakes		Breakfast Pizza		Sausage & Cheese on English Muffin		Yogurt & Granola	
Whole Grain Mac & Cheese w/ Broccoli		BBQ Pulled Pork Sandwich w/ Oven Baked Fries		Burrito		Spaghetti		Fish Tacos 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	
	10		11		12		13		14
Cereal		Omelet		French Toast		Ham & Cheese Muffin		Benefit Bar	
Breadsticks w/ Marinara		Chicken Sandwich		Pork Rib Sandwich		Turkey Roast w/ Mashed Potatoes		Smuckers PB&J	
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	
	17		18		19		20		21
<p>NO SCHOOL 4/17 - 4/22</p>									
	24		25		26		27		28
Cereal		Breakfast Pizza		Sunrise Sandwich		Bagel w/ Cream Cheese		French Toast	
Bread Sticks w/ Marinara		Turkey Enchiladas		Pork Rib Sandwich		Beef Stroganoff w/ Broccoli		Popcorn Chicken w/ Fries	
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.**

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