

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:

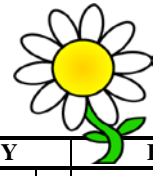








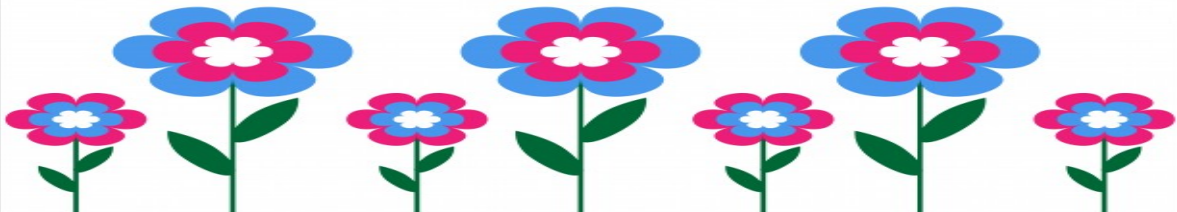
Menu subject to change without notice.

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 K-8 Menu - April 2017 BREAKFAST/ LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Pancakes or Cereal	Frosted Flakes	Breakfast Pizza or Cereal	Sausage Bagel or Cereal	Yogurt & Granola or Cereal
Grilled Cheese on Sourdough 	Pepperoni Pizza	Teriyaki Beef Dunkers & Tots	Pork Chops w/ Mashed Potatoes and Gravy	Happy Birthday Day Chicken Nuggets 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
10	11	12	13	14
Omelet w/ Grahams or Cereal	Banana Bread or Cereal	Sunrise Sandwich or Cereal	Ham & Cheese Muffin or Cereal	Mini Bagels or Cereal
Cheese Pizza 	Classic Hamburger	Beefaroni w/ Corn Muffin	Fajita Bar	Smuckers PB&J w/ Sunchips
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
 NO SCHOOL 4/17 - 4/21				
24	25	26	27	28
French Toast or Cereal	Froot Loops	Breakfast Pizza or Cereal	Sausage Bagel or Cereal	Banana Bread or Cereal
Grilled Burrito 	Mini Cheeseburger Sliders	Beef Stroganoff w/ Whole Grain Roll	California Thursday Taco Bar 	Chicken Strips & 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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