

**Del Norte County Unified School District  
High School Menu - April 2017  
BREAKFAST/ LUNCH**

**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.

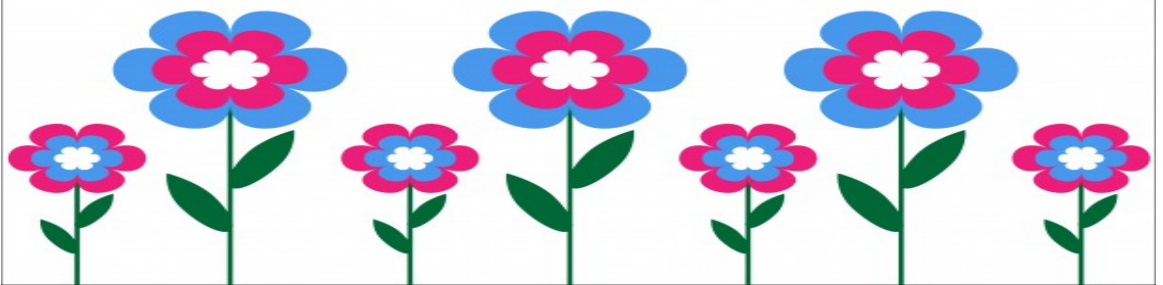
For tips, information & more, visit:



*Items 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	
3		4		5		6		7	
Cheese Omelet		French Toast		Sausage & Cheese on English Muffin		Ham & Cheese Muffin		Sausage & Cheese on English Muffin	
Whole Grain Mac & Cheese w/ Steamed Broccoli Burrito Galaxy Cheese Pizza		BBQ Pulled Pork Sandwich w/ Oven Baked Fries Chicken Sandwich Mini Cheeseburgers		Burrito Corn Dog Chicken Nuggets		Spaghetti Classic Burger Galaxy Pepperoni Pizza		Fish Tacos Chicken Sandwich	
<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit	
10		11		12		13		14	
Cheese Omelet		French Toast		Sausage & Cheese on English Muffin		Ham & Cheese Muffin		Sausage & Cheese on English Muffin	
Breadsticks w/ Marinara Burrito Galaxy Cheese Pizza		Chicken Sandwich Mini Cheeseburgers		Pork Rib Sandwich Corn Dog Chicken Nuggets		Turkey Roast w/ Mashed Potatoes Classic Burger Galaxy Pepperoni Pizza		Smuckers PB&J Chicken Sandwich	
<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit	
17		18		19		20		21	
<p align="center"><b>NO SCHOOL 4/17 - 4/22</b></p>									
24		25		26		27		28	
Cheese Omelet		French Toast		Sausage & Cheese on English Muffin		Ham & Cheese Muffin		Sausage & Cheese on English Muffin	
Bread Sticks w/ Marinara Burrito Galaxy Cheese Pizza		Turkey Enchiladas Chicken Sandwich Mini Cheeseburgers		Pork Rib Sandwich Corn Dog Chicken Nuggets		Beef Stroganoff w/ Broccoli Classic Burger Galaxy Pepperoni Pizza		Popcorn Chicken w/ Fries Chicken Sandwich	
<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> Seasonal Fruit		<b>Vegetable:</b> Fresh Vegetables or Salad Bar <b>Fruit:</b> 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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