



**Del Norte County Unified School District  
K-8 Menu - May 2017  
BREAKFAST/ LUNCH**



**Del Norte County Schools presents**  
**Taco Tuesday**  
**May 9, 2017**  
Served in your cafeteria to celebrate our local food & farmers  
Ingredients donated by:  
Humboldt Creamery  
Sunland

**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:

Choose **MyPlate.gov**

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
<b>SCHOOL LUNCH HERO DAY 5/5/2017</b>				
1	2	3	4	5
Pancakes or Cereal	Chocolate Chip Muffin or Cereal	Breakfast Pizza or Cereal	Sausage Bagel or Cereal	Yogurt & Granola or Cereal
Grilled Cheese on Sourdough	Pepperoni Pizza	Chef's Choice	Teriyaki Dunkers & Tots	<b>Happy Birthday Day</b> Popcorn Chicken & Tots
<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
8	9	10	11	12
Omelet w/ Grahams or Cereal	Banana Bread or Cereal	Sunrise Sandwich or Cereal	Ham & Cheese Muffin or Cereal	Mini Bagels or Cereal
Cheese Pizza	<b>TACO TUESDAY</b>	Classic Cheeseburger	Salisbury Steak, Potatoes & Gravy	Chicken Strips & Seasoned Wedges
<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
15	16	17	18	19
French Toast or Cereal	Chocolate Chip Muffin or Cereal	Pancake & Sausage on a Stick or Cereal	Sausage Biscuit or Cereal	Yogurt & Granola or Cereal
Grilled Burrito	Pepperoni Pizza	Cheesy Chicken Casserole	Fajita Bar	Chicken Patty 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
22	23	24	25	26
Breakfast Burrito or Cereal	Banana Bread or Cereal	Breakfast Pizza or Cereal	Ham & Cheese Biscuit or Cereal	Mini Bagels or Cereal
Macaroni & Cheese w/ Whole Grain Roll	Mini Cheeseburger Sliders	BBQ Rib Patty Sandwich	<b>California Thursday</b> Chili Bar w/ Corn Bread Muffin	Chicken Nuggets & Seasoned Wedges
<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
29	30	31		
<b>NO SCHOOL</b> <b>memorial DAY</b>	Chocolate Chip Muffin or Cereal	Sunrise Sandwich or Cereal	<p><b>Harvest of the Month</b> Network for a Healthy California</p>	
	Corndogs	Classic Hamburger		
	<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.**

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.