

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



**Garden Bar offerings may include:**

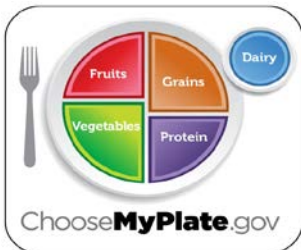
- Leafy Greens
- Tomatoes
- Carrots
- Cucumbers
- Broccoli
- Garbanzo & Kidney Beans
- A Variety of Fruit
- Whole Grain Crackers and more!



*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:



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	
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		Spaghetti w/ Corn Chicken Sandwich Mini Cheeseburgers		Popcorn Chicken Corn Dog Chicken Nuggets		Pulled Pork Classic Burger Galaxy Pepperoni Pizza		Chicken Sandwich	
Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar	
Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit	
8		9		10		11		12	
Cheese Omelet		French Toast		Sausage & Cheese on English Muffin		Ham & Cheese Muffin		Sausage & Cheese on English Muffin	
Breadsticks w/ Marinara Burrito Galaxy Cheese Pizza		<b>TACO TUESDAY</b>		BBQ Rib Sandwich Corn Dog Chicken Nuggets		Chicken Stir Fry w/ Vegetables Classic Burger Galaxy Pepperoni Pizza		Fish Tacos Chicken Sandwich	
Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar	
Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit	
15		16		17		18		19	
Cheese Omelet		French Toast		Sausage & Cheese on English Muffin		Ham & Cheese Muffin		Sausage & Cheese on English Muffin	
Refried Beans w/ Tortillas Galaxy Cheese Pizza		Turkey Enchiladas Chicken Sandwich Mini Cheeseburgers		Pulled Pork Corn Dog Chicken Nuggets		Chicken Stir Fry w/ Egg Rolls Classic Burger Galaxy Pepperoni Pizza		Chicken Salad Sandwich w/ Potato Wedges Chicken Sandwich	
Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar	
Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit	
22		23		24		25		26	
Cheese Omelet		French Toast		Sausage & Cheese on English Muffin		Ham & Cheese Muffin		Sausage & Cheese on English Muffin	
Whole Grain Mac & Cheese Burrito Galaxy Cheese Pizza		Beef Stroganoff Chicken Sandwich Mini Cheeseburgers		BBQ Rib Sandwich Corn Dog Chicken Nuggets		Mary's Chicken w/ Mashed Potatoes Classic Burger Galaxy Pepperoni Pizza		PB&J Chicken Sandwich	
Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar	
Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit	
29		30		31					
NO SCHOOL		French Toast		Sausage & Cheese on English Muffin					
		Breadsticks w/ Marinara Chicken Sandwich Mini Cheeseburgers		Turkey Wraps Corn Dog Chicken Nuggets					
		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar					
		Fruit: Seasonal Fruit		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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