



# Del Norte County Unified School District K-8 Menu - September 2017 BREAKFAST/ LUNCH



**GET YOUR  
2017-2018  
MEAL APPLICATION  
IN NOW!**

**2017-2018 Applications for free & reduced meals are available at all school sites and the district office. If you have not already completed an application, please do so immediately and turn it into your school secretary.**

**ONE APPLICATION PER**

**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*

**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:



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 28	29	30	31	SEPTEMBER 1
Benefit Bar or Cereal	Mini Bagel or Cereal	Breakfast Pizza or Cereal	Sunrise Sandwich or Cereal	French Toast or Cereal
Smuckers PB&J w/ Sunchips	Classic Burger	Whole Grain Corn Dogs	<b>CALIFORNIA THURSDAY</b> Pepperoni Pizza	<b>HAPPY BIRTHDAY DAY!!</b> Popcorn Chicken & Baked Tater 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
5	6	7	8	9
NO SCHOOL	Banana Bread or Cereal	Mini Pancakes or Cereal	Sausage Biscuit or Cereal	Warm Bagel w/ Cream Cheese or Peanut Butter or Cereal
<b>LABOR DAY</b> 	Cheese Pizza	Beef Stroganoff	<b>CALIFORNIA THURSDAY</b> Spaghetti w/ Whole Grain Roll	Chicken Tenders & Potato 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
12	13	14	15	16
Yogurt & Grahams or Cereal	Uber Bar w/ String Cheese or Cereal	Breakfast Pizza or Cereal	Ham & Cheese Biscuit or Cereal	Mini Pancakes or Cereal
Macaroni & Cheese w/ Whole Grain Roll	Pork Chop w/ Mashed Potatoes & Gravy	Cheeseburger Sliders	<b>CALIFORNIA THURSDAY</b> Chicken Enchiladas	Chicken Nuggets & Baked Fries
<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
18	19	20	21	22
Mini Bagel or Cereal	Banana Bread or Cereal	French Toast or Cereal	Sausage & Cheese Muffin or Cereal	Breakfast Pizza or Cereal
Grilled Burrito	BBQ Rib Sandwich	Teriyaki Dunkers & Oriental Rice	<b>CALIFORNIA THURSDAY</b> Chili Bar w/ Tostitos	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
25	26	27	28	29
Benefit Bar or Cereal	Mini Bagel or Cereal	Mini Waffles or Cereal	Ham & Cheese Muffin or Cereal	Sunrise Sandwich or Cereal
Grilled Cheese Sandwich	Pepperoni Pizza	Classic Cheeseburger	<b>CALIFORNIA THURSDAY</b> Oriental Rice w/ Egg Roll	Popcorn Chicken & Baked Tater 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

**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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*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.*