



Del Norte County Unified School District DNHS Menu - September 2017 BREAKFAST/ LUNCH



NEW!!



**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 HOUSEHOLD!

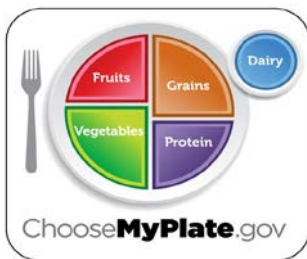
Garden Bar offerings may include:

- 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:



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
AUGUST 29		30		31		1		2	
Yogurt & Granola		French Toast		Sausage & Cheese on English Muffin		Muffin		Sausage & Cheese on English Muffin	
PB&J Bean & Cheese Burrito		Chicken Sandwich Mini Cheeseburgers		Corn Dog Chicken Nuggets		Classic Burger Galaxy Pepperoni Pizza		Spicy or Regular Chicken Sandwich Corn Dog	
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	
5		6		7		8		9	
NO SCHOOL		French Toast		Sausage & Cheese on English Muffin		Muffin		Sausage & Cheese on English Muffin	
LABOR DAY 		Chicken Fajita w/ Beans & Corn Chicken Sandwich Mini Cheeseburgers		Corn Dog Chicken Nuggets		CALIFORNIA THURSDAY Beef Straps Classic Burger Galaxy Pepperoni Pizza		Spicy or Regular Chicken Sandwich Corn Dog	
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	
12		13		14		15		16	
Yogurt & Granola		French Toast		Sausage & Cheese on English Muffin		Muffin		Sausage & Cheese on English Muffin	
Breadsticks w/ Marinara & Broccoli PB&J Bean & Cheese Burrito		Spicy or Reg Chicken Sandwich Mini Cheeseburgers		BBQ Rib Sandwich Corn Dog Chicken Nuggets		CALIFORNIA THURSDAY Mary's Chicken w/ Mashed Potatoes Classic Burger Galaxy Pepperoni Pizza		Spicy or Regular Chicken Sandwich Corn Dog	
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	
19		20		21		22		23	
Yogurt & Granola		French Toast		Sausage & Cheese on English Muffin		Muffin		Sausage & Cheese on English Muffin	
Mac & Cheese w/ Broccoli PB&J Bean & Cheese Burrito		Baked Chicken Spicy or Reg Chicken Sandwich Mini Cheeseburgers		Corn Dog Chicken Nuggets		CALIFORNIA THURSDAY Chicken Burrito Classic Burger Galaxy Pepperoni Pizza		Spicy or Regular Chicken Sandwich Corn Dog	
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	
25		26		27		28		29	
Yogurt & Granola		French Toast		Sausage & Cheese on English Muffin		Muffin		Sausage & Cheese on English Muffin	
MINI DAY PB&J Bean & Cheese Burrito		Spicy or Reg Chicken Sandwich Mini Cheeseburgers		Stir Fry w/ Egg Roll Corn Dog Chicken Nuggets		California Thursday Tangy Classic Burger Galaxy Pepperoni Pizza		Happy Birthday Day PB&J Spicy or Regular Chicken Sandwich Corn Dog	
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

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.

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