



Del Norte County Unified School District Preschool 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

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		CALIFORNIA THURSDAY Pepperoni Pizza		HAPPY BIRTHDAY DAY!! Popcorn Chicken & Baked Tater Tots	
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		Banana Bread or Cereal		Mini Pancakes or Cereal		Sausage Biscuit or Cereal		Warm Bagel w/ Cream Cheese or Peanut Butter or Cereal	
		Cheese Pizza		Beef Stroganoff		CALIFORNIA THURSDAY Spaghetti w/ Whole Grain Roll		Chicken Tenders & Potato Wedges	
		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 & 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		CALIFORNIA THURSDAY Chicken Enchiladas		Chicken Nuggets & Baked Fries	
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	
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		CALIFORNIA THURSDAY Chili Bar w/ Tostitos		Chicken Sandwich	
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	
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		CALIFORNIA THURSDAY Oriental Rice w/ Egg Roll		Popcorn Chicken & Baked Tater Tots	
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 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.*