

Don't forget to submit a lunch application for the 2017/18 School year. Paper applications are available at all school sites or visit

www.delnortenuitrition.org
or www.delnorte.k12.ca.us to access the online application. Please contact Nutrition Services with questions, 707-464-0246



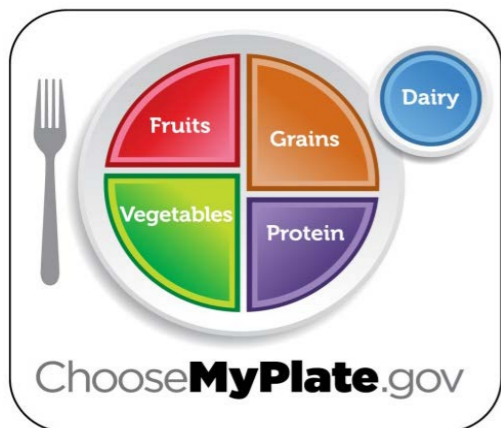
Garden Bar offerings may include:

- 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.

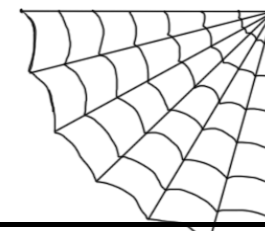
For tips, information & more, visit:



Del Norte County Unified School District

K-8 Menu - October 2017

BREAKFAST/ LUNCH



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	2		3		4		5		6
Yogurt & Grahams or Cereal		Banana Bread or Cereal		Breakfast Pizza or Cereal		Sausage & Cheese Mini Bagel or Cereal			
Beans & Spanish Rice <i>Meatless Monday</i>		Pepperoni Pizza		Cheeseburger Sliders		CALIFORNIA THURSDAY Dunkers & Tater Tots		No School	
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			
National School Lunch Week 10/9 - 10/13									
	9		10		11		12		13
Benefit Bar or Cereal		Uber Bar & String Cheese or Cereal		French Toast or Cereal		Mini Waffles or Cereal		Breakfast Pizza or Cereal	
Grilled Burrito <i>Meatless Monday</i>		Pork Chop w/ Mashed Potato & Gravy		Whole Grain Chicken Corn Dog		CALIFORNIA THURSDAY Taco Bar		HAPPY BIRTHDAY DAY!! Chicken Tender & 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		Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	
	16		17		18		19		20
Uber Bar & String Cheese or Cereal		Yogurt & Grahams or Cereal		Mini Pancakes or Cereal		Breakfast Pizza or Cereal		Bagel w/ Cream Cheese or Cereal	
Cheese Pizza <i>Meatless Monday</i>		Spaghetti w/ Whole Grain Roll		Beef Taco Stick		CALIFORNIA THURSDAY Cattlemen's Chili & Tostitos Scoops		Chicken Nuggets w/ 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	
	23		24		25		26		27
Mini Bagels or Cereal		Benefit Bar or Cereal		Sausage & Cheese Muffin or Cereal		Breakfast Pizza or Cereal		WG Pancake Sausage on a Stick or Cereal	
Oriental Rice & Egg Roll <i>Meatless Monday</i>		Chicken Sandwich		BBQ Rib Sandwich		CALIFORNIA THURSDAY Salisbury Steak & Mashed Potatoes w/ Gravy		Popcorn Chicken w/ 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	
	30		31			CALIFORNIA THURSDAY featuring Alexandre Family Organic Grass Fed Beef, Humboldt/ Del Norte Cattlemens Association and Oceanview Beef			
Banana Bread or Cereal		Mini Bagel or Cereal							
Grilled Cheese Sandwich <i>Meatless Monday</i>		Chicken Stir-fry							
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.

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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