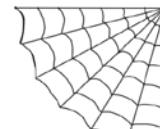




Del Norte County Unified School District DNHS Menu - October 2017 BREAKFAST/ LUNCH



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:



*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.*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Yogurt & Granola		French Toast		Sausage & Cheese Muffin		Assorted Muffins			
Spinach Lasagna Grilled Bean & Cheese Burrito Smuckers PB&J		Chicken Sandwich Mini Cheeseburgers		Corn Dog Chicken Nuggets		CALIFORNIA THURSDAY Marys Chicken w/ Corn Muffin Classic Burger Galaxy Pepperoni Pizza		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			
9		10		11		12		13	
Yogurt & Granola		French Toast		Sausage & Cheese Muffin		Assorted Muffins		Sausage & Cheese Muffin	
Breadsticks w/ Marinara Grilled Bean & Cheese Burrito Smuckers PB&J		Chicken Sandwich Mini Cheeseburgers		BBQ Rib Sandwich Corn Dog Chicken Nuggets		CALIFORNIA THURSDAY Balsamic Meatloaf w/ Mashed Potatoes Classic Burger Galaxy Pepperoni Pizza		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	
16		17		18		19		20	
Yogurt & Granola		French Toast		Sausage & Cheese Muffin		Assorted Muffins		Sausage & Cheese Muffin	
WG Mac & Cheese w/ Broccoli Grilled Bean & Cheese Burrito Smuckers PB&J		Chicken Sandwich Mini Cheeseburgers		Pork Chop w/ Mashed Potatoes Corn Dog Chicken Nuggets		CALIFORNIA THURSDAY Turkey Enchilada Classic Burger Galaxy Pepperoni Pizza		HAPPY BIRTHDAY!! 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	
23		24		25		26		27	
Yogurt & Granola		French Toast		Sausage & Cheese Muffin		Assorted Muffins		Sausage & Cheese Muffin	
Breadsticks w/ Marinara Grilled Bean & Cheese Burrito Smuckers PB&J		Chicken Sandwich Mini Cheeseburgers		BBQ Rib Sandwich Corn Dog Chicken Nuggets		CALIFORNIA THURSDAY Spaghetti w/ WG Roll Classic Burger Galaxy Pepperoni Pizza		HAPPY BIRTHDAY DAY!! 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	
30		31							
Yogurt & Granola		French Toast							
Pasta Primavera w/ WG Roll Grilled Bean & Cheese Burrito Smuckers PB&J		Chicken Sandwich Mini Cheeseburgers							
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**

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