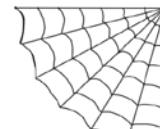




Del Norte County Unified School District
Sunset/ Annex/ DNComm Menu - October 2017



BREAKFAST/ LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Cereal		Sausage & Cheese Muffin		Breakfast Pizza		Bagel w/ Cream Cheese			
Spinach Lasagna		Twin Sliders w/ Potato Wedges		Corn Dog		CALIFORNIA THURSDAY Mary's Chicken w/ Corn Muffin		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	
Cereal		French Toast		Sausage & Cheese Muffin		Yogurt & Granola		Assorted Muffin	
Breadsticks w/ Marinara		Chicken Sandwich		BBQ Rib Sandwich		CALIFORNIA THURSDAY Balsamic Meatloaf w/ Mashed Potatoes		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	
Cereal		Mini Pancake		Breakfast Pizza		Benefit Bar		French Toast	
Grilled Bean & Cheese Burrito		WG Mac & Cheese w/ Broccoli		Pork Chop w/ Mashed Potatoes		Classic Burger		Turkey Enchilada	
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	
Cereal		Sunrise Sandwich		Bagel w/ Cream Cheese		Yogurt & Granola		Assorted Muffin	
Breadsticks w/ Marinara		Twin Sliders w/ Potato Wedges		BBQ Rib Sandwich		Galaxy Pepperoni Pizza		HAPPY BIRTHDAY DAY!! Spaghetti w/ WG Roll	
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							
Cereal		French Toast							
Grilled Bean & Cheese Burrito		Pasta Primavera w/ WG Roll							
Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit							



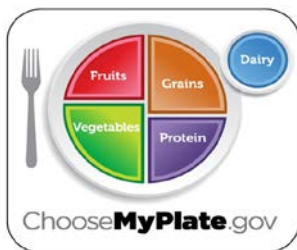
Garden Bar offerings may include:

- 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:



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.
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