

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](http://www.delnortenuitrition.org)  
or [www.delnorte.k12.ca.us](http://www.delnorte.k12.ca.us) to access the online application. Please contact Nutrition Services with questions, 707-464-0246



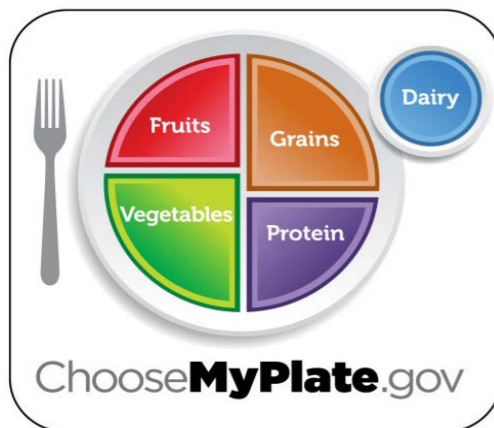
Garden Bar offerings may include:

- Leafy Greens
- Tomatoes
- Carrots
- Cucumbers
- Broccoli
- Garbanzo & Kidney Beans
- A Variety of Fruit
- Whole Grain Crackers and more!

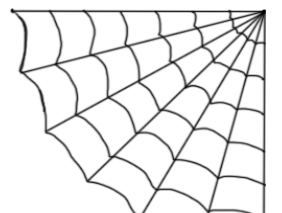
Some of these choices may come from our local farmers.

**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 Preschool Menu - October 2017 BREAKFAST/ LUNCH



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