

Harvest of the Month

Network for a Healthy California



PEAS

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:



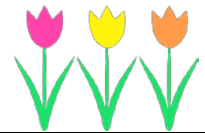
Menu subject to change without notice.

Our District is always working hard to improve student nutrition and wellness.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



Del Norte County Unified School District K-8 Menu - March 2018 BREAKFAST/ LUNCH



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	
						Beef Sausage on Hawaiian Roll or Cereal		Mini Bagels or Cereal	
						Dunkers w/ Tots		Happy Birthday Da Popcorn Chicken & Frie	
						Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	
5		6		7		8		9	
NATIONAL SCHOOL BREAKFAST WEEK MARCH 5-9									
Benefit Bar or Cereal		Breakfast Pizza or Cereal		Yogurt Bar w/ Zee Bar or Cereal		Sausage & Cheese Muffin or Cereal		Muffin or Cereal	
Grilled Burrito		Salisbury Steak & Mashed Potatoes		Classic Burgers		Beef-a-Roni		Chicken Tenders & 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	
12		13		14		15		16	
Mini Bagels or Cereal		Cheese Omelet or Cereal		Blueberry Pancake or Cereal		Mini Sausage & Cheese Bagels or Cereal		Yogurt w/ Belly Bears or Cereal	
PB&J w/ Chips		Chicken Fajitas		BBQ Rib Sandwich & Pasta Salad		Chicken Noodle Casserole		Chicken Nuggets & 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	
19		20		21		22		23	
Banana Bread or Cereal		Breakfast Pizza or Cereal		Bagels w/ Cream Cheese or Cereal		Beef Sausage on Hawaiian Muffin or Cereal		Benefit Bar or Cereal	
Oriental Rice & Egg Rolls		Taco Stick		Cheeseburger Sliders		California Thursday Taco Bar		Popcorn Chicken & 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	
26		27		28		29		30	
		Blueberry Waffles or Cereal		French Toast or Cereal		Cheese Omelet or Cereal		Zee Zee Bar or Cereal	
No School		Pepperoni Pizza		Turkey Sandwich w/ Chips		Chicken Sandwich		PB&J w/ Chips	
		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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