

Harvest of the Month

Network for a Healthy California

Botanical name: *Persea americana*



AVOCADOS

Garden Bar offerings may include:

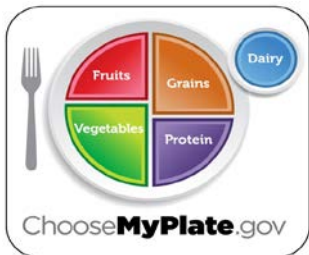
- Leafy Greens
- Tomatoes
- Carrots
- Cucumbers
- Broccoli
- Garbanzo & Kidney Beans
- A Variety of Fruit
- Whole Grain Crackers and more!



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:



Items 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 High School Menu - April 2018 BREAKFAST/ LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
9		10		11		12		13	
Banana Bread		French Toast		Sausage & Cheese on English Muffin		Assorted Muffins		Yogurt Parfait	
Mac & Cheese Grilled Burrito PB&J		Turkey Wrap Chicken Sandwich Sliders		Corn Dog Chicken Nuggets		Taco Bar Classic Burger Galaxy Pepperoni Pizza		Oriental Rice w/ Teriyaki Dunkers Corn Dog Chicken Sandwich	
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	
Banana Bread		Biscuit & Sausage Gravy		Sausage & Cheese on English Muffin		Assorted Muffins		Yogurt Parfait	
Bread Sticks w/ Marinara Grilled Burrito PB&J		Chicken Sandwich Sliders		Potato Wedges Corn Dog Chicken Nuggets		Cattleman's Chili w/ Cornbread Muffin Classic Burger Galaxy Pepperoni Pizza		Corn Dog Chicken Sandwich	
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	
Banana Bread		French Toast		Sausage & Cheese on English Muffin		Assorted Muffins		Yogurt Parfait	
Vegetarian Lo Mein w/ Egg Rolls Grilled Burrito PB&J		Turkey Wrap Chicken Sandwich Sliders		Corn Dog Chicken Nuggets		Spaghetti Classic Burger Galaxy Pepperoni Pizza		Hot Dog Bar Corn Dog Chicken Sandwich	
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									
Banana Bread									
Bread Sticks w/ Marinara Grilled Burrito PB&J									
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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