

# Harvest of the Month

Network for a Healthy California

Botanical name: *Persea americana*



**AVOCADOS**

## Garden Bar offerings may include:

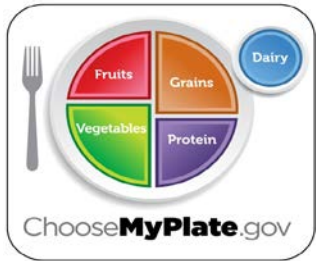
- Leafy Greens
- Tomatoes
- Carrots
- Cucumbers
- Broccoli
- Garbanzo & Kidney Beans
- A Variety of Fruit
- Whole Grain Crackers and more!



*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:

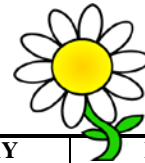


Menu subject to change without notice.

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 Preschool Menu - April 2018 BREAKFAST/ LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
 <b>SPRING BREAK 4/2 - 4/6</b>				
9	10	11	12	13
Cereal	Blueberry Pancakes	Breakfast Pizza	Cheese Omelet	Yogurt & Grahams
PB&J	Taco Sticks	BBQ Rib Sandwich & Pasta Salad	Mini Cheeseburgers	<b>HAPPY BIRTHDAY DAY!!</b> Popcorn Chicken w/ 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
16	17	18	19	20
Cereal	Breakfast Pizza	Beef Sausage on Hawaiian Roll	Blueberry Waffles	Yogurt & Grahams
Cheese Pizza	Chicken Sandwich	Dunkers w/ Tater Tots	Turkey Sandwich	Chicken Nuggets w/ 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
23	24	25	26	27
Cereal	Omelet	Breakfast Pizza	French Toast	Mini Bagels
PB&J	Cheeseburger Sliders	Corndogs	Taco Stick	Chicken Sandwich
<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				
Cereal				
PB&J w/ Chips				
<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.**

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