



**NEW!!**



**GET YOUR  
2018-2019  
MEAL APPLICATION  
IN NOW!**

2018-2019 Applications for free & reduced meals are available at all school sites and the district office. If you have not already completed an application, please do so immediately and turn it into your school secretary.

**ONE APPLICATION PER**

**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*

**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:



Choose **MyPlate.gov**

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.**



**Del Norte County Unified School District  
Preschool Menu - September 2018  
BREAKFAST/ LUNCH**



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
AUGUST	27		28		29		30		31
Cereal w/ Juice		Blueberry Pancake		Breakfast Pizza		Breakfast Burrito		Mini Pull Apart Bagel	
Smuckers PB&J w/ Annie's Grahams		Pepperoni Pizza		Classic Cheeseburger		Corn Dog		Popcorn Chicken & Tots	
Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar	
Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit	
SEPTEMBER	3		4		5		6		7
NO SCHOOL		French Toast		Breakfast Pizza		Beef Maple Sausage on Hawaiian Roll		Muffin	
<b>LABOR DAY</b> 		PB&J w/ Cheez Its		Mini Twin Cheeseburger Sliders		Taco Stick		Chicken Nuggets w/ Fries	
		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar	
		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit	
	10		11		12		13		14
Cereal w/ Juice		GoBig Yogurt w/ Grahams		Breakfast Pizza		Breakfast Burrito		Bagel w/ Cream Cheese or Peanut Butter	
Smuckers PB&J w/ Goldfish		Corn Dog		Classic Hamburger		Pepperoni Pizza		Chicken Tenders w/ Wedges	
Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar	
Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit	
	17		18		19		20		21
Cereal w/ Juice		Blueberry Waffle		Breakfast Pizza		Mini Sausage Bagel		Grape Croissant	
Smuckers PB&J w/ Cheez Its		Turkey Ham & Cheese on Hawaiian Bun		Taco Sticks		Cheese Pizza		Chicken Sandwich	
Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar	
Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit	
	24		25		26		27		28
Cereal w/ Juice		Maple Pancake		Breakfast Pizza		Turkey, Ham, Egg Twist		GoBig Yogurt w/ Grahams	
Smuckers PB&J w/ Annie's Grahams		Pepperoni Pizza		Dunkers & Tots		BBQ Pork Sandwich		Popcorn Chicken & w/ Fries	
Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar		Vegetable: Fresh Vegetables or Salad Bar	
Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit		Fruit: Seasonal Fruit	

**Our Goal! To enhance the diet and health of school children 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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