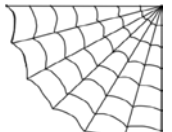


Del Norte County Unified School District
K-8 Menu - October 2018
BREAKFAST/ LUNCH



farm to school
 INNOVATIVE fresh VARIETY
 chef Nurturing CREATIVE
 inspired feeding bodies dairy
 READY TO LEARN
 school lunch
lots 2 love
 nutrition fueling minds
 TASTY caring
 friendly faces healthy local sources
 made with love
 SAFE nourishing FUN
 whole grains CHOICES veggies LEAN PROTEIN
 SOCIAL

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:



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1		2		3		4		5
Banana Bread or Cereal		Breakfast Pizza or Cereal		Beef Maple Sausage Sandwich or Cereal		French Toast or Cereal			
HAPPY BIRTHDAY DAY! Top N Go Nachos Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Mini Cheeseburger Sliders Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Spaghetti w/ Roll Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		CALIFORNIA THURSDAY Chicken Nuggest & Fries Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		No School	
	8		9		10		11		12
Nutrigrain Bar or Cereal		Breakfast Pizza or Cereal		Chocolate Croissant or Cereal		Blueberry Waffles or Cereal		Yogurt w/ Grahams or Cereal	
Mac & Cheese Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Pepperoni Pizza Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Corn Dogs Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		CALIFORNIA THURSDAY Pork Chops w/ Rice & Gravy Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Chicken Tender & Wedges Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	
National School Lunch Week 10/15 - 10/19									
	15		16		17		18		19
Muffin w/Hardboiled Egg or Cereal		Breakfast Pizza or Cereal		Turkey Ham & Egg Sandwich or Cereal		Maple Pancakes or Cereal		Benefit Bar or Cereal	
Grilled Burrito Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Beef-a-Roni Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Dunkers & Tots Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		CALIFORNIA THURSDAY Taco Bar Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Popcorn Chicken & Tots Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	
	22		23		24		25		26
Zee Zee Bar or Cereal		Breakfast Pizza or Cereal		Mini Sausage & Cheese Bagel or Cereal		French Toast or Cereal		Grape Croissant or Cereal	
Cheese Pizza Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Chicken Enchiladas Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Classic Hamburger Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		CALIFORNIA THURSDAY BBQ Rib Sandwich w/ Pasta Salad Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Chicken Nuggets w/ Fries Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	
	29		30		31	CALIFORNIA THURSDAY featuring Alexandre Family Organic Grass Fed Beef, Humboldt/ Del Norte Cattlemens Association and Oceanview Beef			
Banana Bread or Cereal		Breakfast Pizza or Cereal		Beef Maple Sausage Sandwich or Cereal					
PB&J w/ Chips Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Salisbury Steak & Mashed Potatoes Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit		Turkey Ham & Cheese on Hawaiian Bun Vegetable: Fresh Vegetables or Salad Bar 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.

Menu subject to change without notice.
 Our District is always working hard to improve student nutrition and wellness.
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