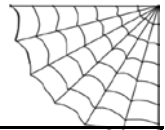


Del Norte County Unified School District

DNHS Menu - October 2018

BREAKFAST/ LUNCH



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

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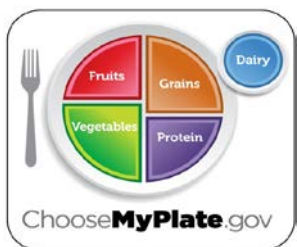
Garden Bar offerings may include:

- 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	Ham, Egg & Cheese Sandwich	Sausage & Cheese Muffin	Biscuit & Gravy	
Cheesy Breadsticks w/ Marinara Burrito Smuckers PB&J	Chicken Sandwich Sliders	Taco Sticks Popcorn Chicken Chicken Nuggets	CALIFORNIA THURSDAY Beef Stroganoff Classic Burger Galaxy Pepperoni Pizza	No School
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	
8	9	10	11	12
Muffin	French Toast	Sausage & Cheese Muffin	Biscuit & Gravy	Parfait
Veggie Lo Mein Burrito Smuckers PB&J	Turkey Wrap Chicken Sandwich Sliders	Taco Sticks Popcorn Chicken Chicken Nuggets	CALIFORNIA THURSDAY Nacho Bar Classic Burger Galaxy Pepperoni Pizza	Chicken Sandwich Corn Dog
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
National School Lunch Week 10/15 - 10/19				
15	16	17	18	19
Banana Bread	Ham, Egg & Cheese Sandwich	Sausage & Cheese Muffin	Biscuit & Gravy	Parfait
Cheesy Breadsticks w/ Marinara Burrito Smuckers PB&J	Baked Chicken w/ Baked Beans & Cornbread Chicken Sandwich Sliders	Taco Sticks Popcorn Chicken Chicken Nuggets	CALIFORNIA THURSDAY Corn dogs Classic Burger Galaxy Pepperoni Pizza	Chicken Sandwich Corn Dog
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
22	23	24	25	26
Muffin	French Toast	Sausage & Cheese Muffin	Biscuit & Gravy	Parfait
Mac & Cheese Burrito Smuckers PB&J	Chicken Sandwich Sliders	Taco Sticks Popcorn Chicken Chicken Nuggets	CALIFORNIA THURSDAY Classic Burger Galaxy Pepperoni Pizza	HAPPY BIRTHDAY DAY! Hot Dog Bar Chicken Sandwich Corn Dog
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
29	30	31		
Banana Bread	French Toast	Sausage & Cheese Muffin		
Cheesy Breadsticks w/ Marinara Burrito Smuckers PB&J	Baked Chicken & Mashed Potatoes Chicken Sandwich Sliders	Taco Sticks Popcorn Chicken Chicken Nuggets		
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**

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