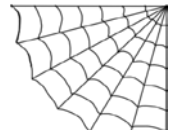




Del Norte County Unified School District
 Preschool Menu - October 2018
BREAKFAST/ LUNCH



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
 dream 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	
Cereal with Juice		Breakfast Pizza		Beef Maple Sausage Sandwich		French Toast			
PB&J w/ Scooby Snacks <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Taco Sticks <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Turkey & Ham on Hawaiian Bun <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Chicken Nugget & Fries <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		No School	
8		9		10		11		12	
Cereal with Juice		Breakfast Pizza		Cheese Omelet		Blueberry Waffles		Yogurt w/ Grahams	
PB&J w/ Goldfish <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Pepperoni Pizza <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Corn Dog <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Mini Cheeseburger <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Chicken Tender & Wedges <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>	
National School Lunch Week 10/15 - 10/19									
15		16		17		18		19	
Cereal with Juice		Breakfast Pizza		Turkey Ham & Egg Twist		Maple Pancakes		Muffin w/ String Cheese	
PB&J w/ Annies Grahams <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Chicken Sandwich <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Dunkers w/ Tots <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Taco Stick <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Popcorn Chicken & Tots <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>	
22		23		24		25		26	
Cereal with Juice		Breakfast Pizza		Mini Sausage & Cheese Bagel		French Toast		Mini Pullapart Bagels	
PB&J w/ Heartzels <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Corndog <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Mini Cheeseburger <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		BBQ Sandwich w/ Pasta Salad <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Chicken Nuggets w/ Fries <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>	
29		30		31					
Cereal with Juice		Breakfast Pizza		Beef Maple Sausage Sandwich					
PB&J w/ Cheez Its <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Pepperoni Pizza <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>		Turkey & Ham on Hawaiian Bun <i>Vegetable: Fresh Vegetables or Salad Bar</i> <i>Fruit: Seasonal Fruit</i>					

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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