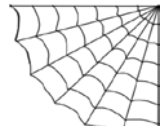


Del Norte County Unified School District
Sunset/ Annex/ DNComm Menu - October 2018



BREAKFAST/ LUNCH

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



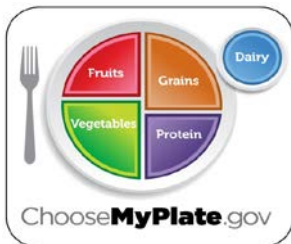
Garden Bar offerings may include:

- 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		Pancakes		Breakfast Pizza		Muffins			
Cheesy Breadsticks w/ Marinara		Sliders		Chicken Nuggets & Wedges		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	
Cereal		French Toast		Breakfast Pizza		Banana Bread		Yogurt Zee Bar	
Burrito		Classic Cheeseburger		Turkey Wrap		Taco Sticks w/ Chips & Salsa		PB&J w/ Chips	
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	
Cereal		Ham, Egg & Cheese Sandwich		Breakfast Pizza		Muffins		Maple Beef Sausage on a Bagel	
Cheesy Breadsticks w/ Marinara		Baked Chicken & Cornbread Muffins		Sliders		Corndogs		Popcorn Chicken & Potato Wedges	
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	
Cereal		Pancakes		Breakfast Pizza		Banana Bread		Sausage & Cheese Muffins	
Mac & Cheese		Chicken Sandwich		Classic Burger		Galaxy Pepperoni Pizza		HAPPY BIRTHDAY!! Hot Dog & Chips	
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					
Cereal		French Toast		Breakfast Pizza					
Cheesy Breadsticks w/ Marinara		Baked Chicken w/ Baked Beans		Taco Sticks w/ Chips & Salsa					
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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