



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Blueberry Waffles or Cereal	Muffin & Hardboiled Egg or Cereal
			Spaghetti w/ Roll <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	Chicken Tenders & Tots <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>
5	6	7	8	9
Zee Zee Bar or Cereal	Breakfast Pizza or Cereal	Turkey, Ham, Egg & Cheese Sandwich or Cereal	French Toast or Cereal	Yogurt & Annie Grahams or Cereal
 Happy Birthday Day! Cheese Pizza <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	Mini Cheeseburger Sliders <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	Chicken Noodle Cassarole <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	Taco Sticks <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	Chicken Sandwich <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>
12	13	14	15	16
	Breakfast Pizza or Cereal	Beef Maple Sausage Sandwich or Cereal	Chocolate Crescent or Cereal	Pull Apart Bagels or Cereal
 No School Veterans Day	Pepperoni Pizza <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	Corndogs <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	Pork Chop w/ Mashed Potatoes & Gravy <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	PB&J w/ Chips <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>
19	20	21	22	23
26	27	28	29	30
Banana Bread & Hardboiled Egg or Cereal	Breakfast Pizza or Cereal	Turkey, Ham, Egg & Cheese Sandwich or Cereal	Mini Confetti Pancakes or Cereal	Grape Crescent or Cereal
Mac & Cheese <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	Dunkers & Tots <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	Classic Cheeseburger <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	Taco Bar <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>	Chicken Nuggets & Tots <small>Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit</small>

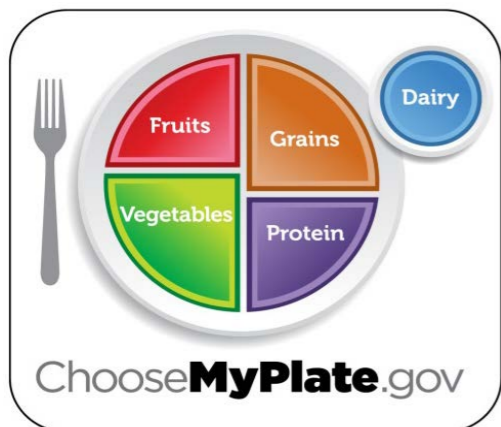
Garden Bar offerings may include:

- 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:



**Del Norte Nutrition Services = Delicious and Nutritious
Ensuring student success everyday with quality school meals.**

Our Goal! To enhance the diet and health of school children and support learning by promoting healthy habits that will last a lifetime!

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