



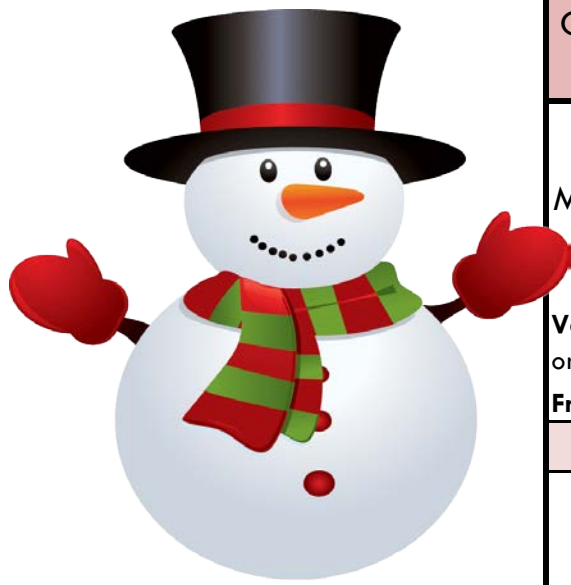
Del Norte County Unified School District  
K-8 Menu - December 2018  
**BREAKFAST/ LUNCH**




**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.*

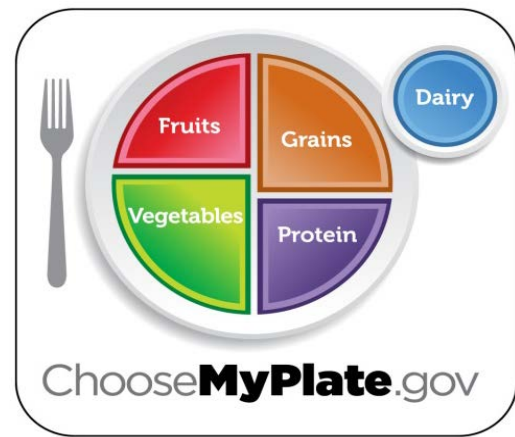


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Cereal w/ Hardboiled Egg	Breakfast Pizza or Cereal	Mini Sausage Bagel w/ Cheese or Cereal	French Toast or Cereal	Zee Zee Bar w/ Cheese Stick or Cereal
HAPPY BIRTHDAY DAY! Cheese Pizza  Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Chicken Enchilada Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Classic Burger w/ Pasta Salad Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	<b>Taco Sticks</b> Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Popcorn Chicken & Tots Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit
10	11	12	13	14
Cereal	Breakfast Pizza or Cereal	Turkey Ham, Egg w/ Cheese on Hawaiian Bun or Cereal	Blueberry Waffles or Cereal	Pull a Part Bagel or Cereal
Egg Roll & Oriental Rice Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Corn Dogs Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Chicken Sandwich Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Taco Bar Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Chicken Tenders w/ Tots Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit
17	18	19	20	21
Cereal w/ Hardboiled Egg	Breakfast Pizza or Cereal	Beef Maple Sausage Sandwich or Cereal	Chocolate Crescent or Cereal	Banana Bread or Cereal
Mac & Cheese Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Pepperoni Pizza Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Teriyaki Dunkers & Tots Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	Beef a Roni Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit	PB&J w/ Chips Vegetable: Fresh Vegetables or Salad Bar Fruit: Seasonal Fruit
24	25	26	27	28



**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:



31	JANUARY	1	2	3	4
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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, help mitigate the childhood obesity trend, 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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