


North Boone Elementary Schools: Capron, Manchester, Poplar Grove (K-4)

SEPTEMBER, 2018

Fat Free Milk served/Uncrustable Entrée choice daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><u>If your student received free or reduced lunch last year and you would like to extend that you must fill out a new meal application by Sept 28th or you will lose that status and go to full paid.</u></p>	<p><u>Please pre-pay your students lunch account by going on line to our E-Funds link. You can also send payments to school.</u></p>
<p>3 No School Labor Day</p>	<p>4 Corn Dog 27g Oven Fries 36g Garden Salad w/tomato & cucumbers 8.6g DOLE Tropical Fruit Cup 18g</p>	<p>5 Chicken Nuggets 14g Mashed Potato w/gravy 21g Dinner Roll 15g Cherry Applesauce Cup 15g</p>	<p>6 Cheeseburger 31.2g Veggie Beans 15.3g Peaches 12g MOTT'S Fruit Snacks 37g</p>	<p>7 Cheese Calzone 33g Corn 24g Pears 14g Cookie 15g</p>
<p>10 Bacon & Egg Breakfast Pizza 29.8g Yogurt Cup 19g Fresh Fruit Choice 21-29g Fruit/Veggie Juice 13g</p>	<p>11 Cheese Quesadilla 33g Carrot & Celery Sticks 8g DOLE Mixed Fruit Cup 16g WG Rice Krispie Treat 19g</p>	<p>12 Mac & Cheese 31g Sliced WG Bread 13g Broccoli 16g Pears 14g</p>	<p>13 Chicken Drumstick 15g Dinner Roll 15g Mashed Potatoes w/gravy 21g Applesauce 23g</p>	<p>14 BOSCO Cheese Sticks w/marinara sauce 42g Green Beans 12g Mandarin Oranges 17g Apple/Cherry Juice 13g</p>
<p>17 Hot Dog 32g Veggie Beans 23g Pears 14g Fruit Snacks 20g</p>	<p>18 Nachos w/cheese 34g Black Beans 22g Cucumber Slices 3.6g Baby Carrots 13g Peaches 12g</p>	<p>19 Chicken Tenders 14g Dinner Roll 15g Corn 24g Applesauce 23g</p>	<p>20 Ham & Cheese Sandwich 36g Broccoli Florets Baby Carrots 13g Pineapple 15g Juice 13g</p>	<p>21 Cheese Pizza 24g Garden Salad w/veggies 13g Mandarin Oranges 17g Cookie 15g</p>
<p>24 Waffles w/sausage patty 40g Fresh Fruit Choice 21-29g Fruit/Veggie Juice 13g</p>	<p>25 Soft Taco 35g Refried Beans 30g Shredded Lettuce 3.6g Mandarin Oranges 17g</p>	<p>26 Mini Corn Dogs 27g Smiley Potatoes 20g Pineapple 15g Cupcake 27g</p>	<p>27 Chicken Patty w/bun 44g Broccoli 8g Pears 14g Jello Cup</p>	<p>28 Pepperoni Pizza 37g Cooked Carrots 14.3g Applesauce 23g Fruit Slushie 22g</p>