

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

## OCTOBER, 2018

*Fat Free Milk served daily with meals*

*Menu subject to change without notice*

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Cheese 31g Green Beans 12g Tomato Soup 20g Peaches 12g	2 Cheese Quesadilla 33g Carrot & Celery Sticks 8g DOLE Mixed Fruit Cup 16g WG Rice Krispie Treat 19g	3 Chicken Tenders 14g Dinner Roll 15g Corn 24g Applesauce 23g	4 Hot Dog 32g Veggie Beans 23g Pears 14g Fruit Snacks 20g	5 Cheese Pizza 24g Garden Salad w/veggies 13g Mandarin Oranges 17g Cookie 15g
8 <b>Columbus Day</b> <b>No School</b>	9 Nachos w/cheese 34g Black Beans 22g Cucumber Slices 3.6g Baby Carrots 13g Peaches 12g	10 Mac & Cheese 31g Sliced WG Bread 13g Broccoli 16g Pears 14g	11 Chicken Drumstick 15g Dinner Roll 15g Mashed Potatoes w/gravy 21g Applesauce 23g	12 BOSCO Cheese Sticks w/marinara sauce 42g Green Beans 12g Mandarin Oranges 17g Apple/Cherry Juice 13g
15 Corn Dog 27g Oven Fries 36g Garden Salad w/tomato & cucumbers 8.6g DOLE Tropical Fruit Cup 18g	16 Soft Taco 35g Refried Beans 30g Shredded Lettuce 3.6g Mandarin Oranges 17g	17 Chicken Nuggets 14g Broccoli 8g Dinner Roll 15g Flavored Applesauce Cup 15g	18 Cheeseburger 31.2g Veggie Beans 15.3g Peaches 12g MOTT'S Fruit Snacks 37g	19 Cheese Calzone 33g Corn 24g Pears 14g Cookie 15g
22 Waffles w/sausage patty 40g Fresh Fruit Choice 21-29g Fruit/Veggie Juice 13g	23 Chicken Fajita 16g Black Beans 22g Shredded Lettuce 3.6g Pineapple 15g	24 Mini Corn Dogs 27g Smiley Potatoes 20g Pineapple 15g Cupcake 27g	25 Chicken Patty w/bun 44g Broccoli 8g Pears 14g Jello Cup	26 <b>Teacher Institute Day</b> <b>No School</b>
29 Grilled Cheese 31g Green Beans 12g Tomato Soup 20g Peaches 12g	30 Cheese Quesadilla 33g Carrot & Celery Sticks 8g DOLE Mixed Fruit Cup 16g WG Rice Krispie Treat 19g	31 Halloween Shaped Chicken Nuggets 14g Dinner Roll 15g Corn 24g Applesauce 23g Halloween Shaped Cookie 15g		