

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

NOVEMBER, 2018

Fat Free Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Dog 32g Veggie Beans 23g Pears 14g Fruit Snacks 20g	Hot 2 Cheese Pizza 24g Garden Salad w/veggies 13g Mandarin Oranges 17g Cookie 15g
5 Bacon & Egg Breakfast Pizza 29.8g Yogurt Cup 19g Fresh Fruit Choice 21-29g Fruit/Veggie Juice 13g	6 Nachos w/cheese 34g Black Beans 22g Cucumber Slices 3.6g Baby Carrots 13g Peaches 12g	7 Mac & Cheese 31g Sliced WG Bread 13g Broccoli 16g Pears 14g	8 Chicken Drumstick 15g Dinner Roll 15g Mashed Potatoes w/gravy 21g Applesauce 23g	9 BOSCO Cheese Sticks w/marinara sauce 42g Green Beans 12g Mandarin Oranges 17g Apple/Cherry Juice 13g
12 Corn Dog 27g Oven Fries 36g Garden Salad w/tomato & cucumbers 8.6g DOLE Tropical Fruit Cup 18g	13 Soft Taco 35g Refried Beans 30g Shredded Lettuce 3.6g Mandarin Oranges 17g	14 Chicken Nuggets 14g Broccoli 8g Dinner Roll 15g Flavored Applesauce Cup 15g	15 Turkey & gravy Mashed Potatoes Dinner Roll Peaches Cookie	16 Cheese Calzone 33g Corn 24g Peaches 14g
19 Waffles w/sausage patty 40g Fresh Fruit Choice 21-29g Fruit/Veggie Juice 13g	20 Mini Corn Dogs 27g Smiley Potatoes 20g Pineapple 15g Cupcake 27g	21 No School!!!!	22 No School!!!! 	23 No School!!!!
26 Grilled Cheese 31g Green Beans 12g Tomato Soup 20g Peaches 12g	27 Cheese Quesadilla 33g Carrot & Celery Sticks 8g DOLE Mixed Fruit Cup 16g WG Rice Krispie Treat 19g	28 Chicken Tenders 14g Dinner Roll 15g Corn 24g Applesauce 23g	29 Hot Dog 32g Veggie Beans 23g Pears 14g Fruit Snacks 20g	30 Cheese Pizza 24g Garden Salad w/veggies 13g Mandarin Oranges 17g Cookie 15g