


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

FEBRUARY, 2019

Fat Free Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
				
4 Grilled Cheese 31g Green Beans 12g Tomato Soup 20g Peaches 12g	5 Cheese Quesadilla 33g Carrot & Celery Sticks 8g Fruit Cocktail 16g WG Rice Krispie Treat 19g	6 Chicken Tenders 14g Dinner Roll 15g Corn 24g Applesauce 23g	7 Hot Dog 32g Veggie Beans 23g Pears 14g Goldfish 14g	1 Pepperoni Pizza 37g Cooked Carrots 14.3g Applesauce 23g Fruit Slushie 22g
11 Pancakes 40g Yogurt Cup 19g Fresh Fruit Choice 21-29g Fruit/Veggie Juice 13g	12 Nachos w/cheese 34g Black Beans 22g Cucumber Slices 3.6g Baby Carrots 13g Peaches 12g	13 Mac & Cheese 31g Sliced WG Bread 13g Broccoli 16g Pears 14g	14 Heart Shaped Chicken Nuggets 15g Dinner Roll 15g Garden Salad w/veggies 13g Pineapple 15g Cookie 15g	15 BOSCO Cheese Sticks w/marinara sauce 42g Green Beans 12g Mandarin Oranges 17g Apple/Cherry Juice 13g
18 President's Day No School	19 Soft Taco 35g Refried Beans 30g Shredded Lettuce 3.6g Mandarin Oranges 17g	20 Chicken Drumstick 15g Dinner Roll 15g Mashed Potatoes w/gravy 21g Applesauce 23g	21 Cheeseburger 31.2g Veggie Beans 15.3g Peaches 12g MOTT'S Fruit Snacks 37g	22 Cheese Calzone 33g Corn 24g Pears 14g Cookie 15g
25 Waffles w/sausage patty 40g Fresh Fruit Choice 21-29g Fruit/Veggie Juice 13g	26 Chicken Fajita 16g Black Beans 22g Shredded Lettuce 3.6g Pineapple 15g Cupcake 27g	27 Mini Corn Dogs 27g Smiley Potatoes 20g Mandarin Oranges 17g	28 Chicken Patty w/bun 44g Broccoli 8g Pears 14g Jello Cup 25g	