

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

## April, 2019

*Far Free Milk served daily with meals*

*Menu subject to change without notice*

Monday	Tuesday	Wednesday	Thursday	Friday
1 Waffles w/sausage patty 40g Fresh Fruit Choice 21-29g Fruit/Veggie Juice 13g	2 Chicken Fajita 16g Black Beans 22g Shredded Lettuce 3.6g Pineapple 15g Cupcake 27g	3 Mini Corn Dogs 27g Smiley Potatoes 20g Mandarin Oranges 17g	4 Chicken Patty w/bun 44g Broccoli 8g Pears 14g Jello Cup 25g	5 Pepperoni Pizza 37g Cooked Carrots 14.3g Applesauce 23g Fruit Slushie 22g
8 Grilled Cheese 31g Green Beans 12g Tomato Soup 20g Peaches 12g	9 Cheese Quesadilla 33g Carrot & Celery Sticks 8g Fruit Cocktail 16g WG Rice Krispie Treat 19g	10 Chicken Tenders 14g Dinner Roll 15g Corn 24g Applesauce 23g	11 Hot Dog 32g Veggie Beans 23g Pears 14g Goldfish 14g	12 Cheese Pizza 24g Garden Salad w/veggies 13g Mandarin Oranges 17g Cookie 15g
15 Pancakes 40g Yogurt Cup 19g Fresh Fruit Choice 21-29g Fruit/Veggie Juice 13g	16 Nachos w/cheese 34g Black Beans 22g Cucumber Slices 3.6g Baby Carrots 13g Peaches 12g	17 Chicken Nuggets 15g Dinner Roll 15g Garden Salad w/veggies 13g Pineapple 15g Cookie 15g	18 BOSCO Cheese Sticks w/marinara sauce 42g Green Beans 12g Mandarin Oranges 17g Apple/Cherry Juice 13g	19 <b>No School</b>
22 Corn Dog 27g Oven Fries 36g Garden Salad w/tomato & cucumbers 8.6g DOLE Tropical Fruit Cup 18g	23 Soft Taco 35g Refried Beans 30g Shredded Lettuce 3.6g Mandarin Oranges 17g	24 Cheeseburger 31.2g Veggie Beans 15.3g Peaches 12g MOTT'S Fruit Snacks 37g	25 Cheese Calzone 33g Corn 24g Pears 14g Cookie 15g	26 <b>No School</b> <b>Teacher Institute Day</b>
29 Waffles w/sausage patty 40g Fresh Fruit Choice 21-29g Fruit/Veggie Juice 13g	30 Chicken Fajita 16g Black Beans 22g Shredded Lettuce 3.6g Pineapple 15g Cupcake 27g			