



**Capron, Manchester & Poplar Grove**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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*Yogurt lunch will be second choice Mon, Wed, Fri *EZ Jammers will be second choice Tues & Thurs				
4	5	6	7	8
11	12	13	14	15
			Hot Dog on Bun 32g Baked Beans 29g Carrot Sticks 5g Fresh Apple 21-29g	Cheese Sticks w/ Marinara 32g Green Beans 12g Pineapple 15g Slushie 22g
18	19	20	21	22
French Toast Sticks w/ Sausage Links 26g Dragon Punch Juice 14g Orange Slices 21g Syrup Cup 30g	Cheese Nachos 37g Salsa & Sour Cream 4g Baby Carrots 5g Cucumber Slices 2g Pears 14g	Corn Dog 25g Baked Beans 30g Baby Carrots 5g Peaches 12g	Chicken Tenders 14g Corn 14g Dinner Roll 15g Applesauce 22g	Cheese Pizza 34g Garden Salad 5g Fresh Fruit 21-29g Slushie 22g
25	26	27	28	29
Pancakes w/Sausage Links & Syrup 40g Cherry Star Juice 13g Applesauce 22g	Soft Shell Taco w/ Lettuce, Cheese, Salsa & Sour Cream 33g Fiesta Beans 22g Fresh Fruit 21-29g	Popcorn Chicken 17g Broccoli 5g Dinner Roll 15g Apple Slices 8g	Cheeseburger 31.2g Corn 14g Baby Carrots 5g Mixed Fruit 16g	Pepperoni Pizza 34g Baby Carrots 5g Cucumber Slices 2g Fresh Fruit 21-29g Strawberry Jello 23g

Fat Free & 1% milk served daily with meals. Students are required to take fruit and/or vegetable for a complete meal.

Menu subject to change without notice

Please contact Julie Antonsen with any questions, [jantonsen@nbcusd.org](mailto:jantonsen@nbcusd.org)

