

DECEMBER

Capron, Manchester & Poplar Grove

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pancakes w/ Sausage Links 36g Cinnamon Applesauce 22g Sunset Sip Juice 15g	2 Taco Bites 30g Sour Cream & Salsa 3g Corn 17g Watermelon 6g	3 Hot Dog On Bun 32g Baked Beans 29g Baby Carrots 12g Grapes 14g	4 Chicken Nuggets 14g Dinner Roll 14g Broccoli Blend 5g Pears 14g	5 Deep Dish Pizza 31g Cucumbers 2g Pizza Crisps 23g Apple Slices 8g
8 Chicken & Waffles 28g Sunset Sip Juice 15g Applesauce 22g	9 Quesadilla 38g Refried Beans 23g Salsa & Sour Cream 6g Celery Sticks 3g Fresh Fruit 21-29g	10 LATE START	11 Chicken Tenders 14g Dinner Roll 14g Broccoli Blend 5g Pears 14g	12 Pepperoni Pizza 36g Garden Salad 5g Baby Carrots 12g Fresh Fruit 21-29g Slushie 22g
15 French Toast Sticks w/ Sausage 26g Applesauces 22g Juice 14g	16 Beefy Nachos 41g Taco Meat, Cheese Sauce, Salsa & Sour Cream 6g Corn 17g Grapes 14g	17 Corn Dog 25g Broccoli 5g Baby Carrots 5g Peaches 12g	18 Chicken Patty On Bun 47g Smiley Potatoes 20g Mixed Fruit 16g Fresh fruit 21-29g	19 Cheese Pizza 34g Cucumbers 2g Pizza Crisps 23g Fresh Fruit 21-29g
22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
				
29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL		
				*Yogurt lunch will be second choice Mon, Wed, Fri *EZ Jammers will be second choice Tues & Thurs

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