


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

AUGUST, 2021

Fat Free Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>We will again be offering a free lunch to all students this school year. Students who bring a lunch from home may purchase a milk for \$.40</p>
		<p>18 First Day Hot Dog 32g OR Uncrustable 32g Baked Beans 29g Applesauce 22g</p>	<p>19 Chicken Nuggets 14g OR Yogurt Lunch 43g Dinner Roll 15g Broccoli Blend 5g Peaches 12g</p>	<p>20 Cheese Pizza 34g OR Uncrustable 32g Garden Salad 3.6g Fruit Slushie 22g</p>
<p>23 Pancakes w/sausage patty 40g OR Yogurt Lunch 43g Cherry Star Juice 13g Mandarin Oranges 17g</p>	<p>24 Nachos w/cheese & salsa cups 37g OR Uncrustable 32g Fiesta Black Beans 22g Pineapple 15g</p>	<p>25 Mini Corn Dogs 27g OR Yogurt Lunch 43g Green Beans 12g Pears 14g</p>	<p>26 Chicken Patty 47g OR Uncrustable 32g Broccoli 5g Mixed Fruit 16g</p>	<p>27 Cheese Sticks w/marinara sauce 32g OR Yogurt Lunch 43g Baby Carrots & Celery Sticks 15g Applesauce 22g</p>
<p>30 French Toast w/sausage patty 26g OR Uncrustable 32g Sunset Sip Juice 11g Fresh Fruit Choice 21-29g</p>	<p>31 Soft Taco w/shredded lettuce, salsa & sour cream 40g OR Yogurt Lunch 43g Refried Beans 23g Mandarin Oranges 17g</p>			