

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

DECEMBER, 2022

Fat Free Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>WARMEST HOLIDAY WISHES</p>			<p>1 Cheeseburger 31.2g <b>OR</b> Yogurt Lunch 43g Green Beans 12g Mixed Fruit 16g</p>	<p>2 Deep Dish Cheese Pizza 22g <b>OR</b> Yogurt Lunch 43g Romaine Salad 4.6g Baby Carrots 5g Peaches 12g Cookie 23g</p>
<p>5 Pancakes w/sausage 40g <b>OR</b> Yogurt Lunch 43g Cherry Star Juice 13g Applesauce 22g</p>	<p>6 Soft Taco w/shredded lettuce, salsa &amp; sour cream 40g <b>OR</b> Uncrustable 32g Corn 14g Pineapple 15g</p>	<p>7 Hot Dog 32g <b>OR</b> Yogurt Lunch 43g Baked Beans 29g Baby Carrots 5g Mixed Fruit 16g</p>	<p>8 Chicken Nuggets 14g <b>OR</b> Uncrustable 32g Dinner Roll 15g Broccoli 5g Peaches 12g</p>	<p>9 Cheese Pizza 34g <b>OR</b> Yogurt Lunch 43g Garden Salad 3.6g Fruit Slushie 22g</p>
<p>12 French Toast Sticks w/sausage 26g <b>OR</b> Yogurt Lunch 43g Sun Splash Juice 15g Orange Slices 21g</p>	<p>13 Nachos w/cheese &amp; salsa 37g <b>OR</b> Uncrustable 43g Fiesta Beans 22g Baby Carrots 5g Pears 14g</p>	<p>14 <b>Late Start</b> Mac &amp; Cheese 45g <b>OR</b> Uncrustable 32g Dinner Roll 15g Broccoli 5g Peaches 12g</p>	<p>15 Chicken Tenders 14g <b>OR</b> Uncrustable 32g Dinner Roll 15g Corn 14g Applesauce 22g</p>	<p>16 Cheese Sticks w/marinara sauce 32g <b>OR</b> Yogurt Lunch 43g Green Beans 12g Pineapple 15g</p>
<p>19 Pancakes w/sausage 40g <b>OR</b> Yogurt Lunch 43g Cherry Star Juice 13g Applesauce 22g</p>	<p>20 Cheese Quesadilla w/salsa 42g <b>OR</b> Uncrustable 32g Refried Beans 23g Peaches 12g Chocolate <b>OR</b> Vanilla Pudding 24g -21g</p>	<p>21 Mini Corn Dogs 27g <b>OR</b> Yogurt Lunch 43g Green Beans 12g Baby Carrots 5g Pears 14g</p>	<p>22 <b>Start of Winter Break!!</b> <b>Dec 22 - Jan 3rd</b> <b>School resumes Jan 4th</b></p>	
				