


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

DECEMBER, 2021

Fat Free Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mini Corn Dogs 27g OR Yogurt Lunch 43g Green Beans 12g Baby Carrots 5g Pears 14g	2 Chicken Patty 47g OR Uncrustable 32g Broccoli Blend 5g Pineapple 15g	3 Pepperoni Pizza 34g OR Yogurt Lunch 43g Garden Salad w/sliced veggies 6.6g Fresh Fruit 21-29g
6 Waffles w/sausage 38g OR Yogurt Lunch 43g Dragon Punch Juice 13g Orange Slices 21g	7 Nachos w/cheese & salsa 37g OR Uncrustable 32g Fiesta Beans 22g Pears 14g	8 Popcorn Chicken 13g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g	9 Cheeseburger 31.2g OR Yogurt Lunch 43g Green Beans 12g Mixed Fruit 16g	10 French Bread Pizza 33g OR Yogurt Lunch 43g Romaine Salad 4.6g Baby Carrots 5g Peaches 12g
13 Pancakes w/sausage 40g OR Yogurt Lunch 43g Cherry Star Juice 13g Applesauce 22g	14 Soft Taco w/lettuce, salsa & sour cream 40g OR Uncrustable 32g Corn 14g Pineapple 15g	15 Hot Dog 32g OR Yogurt Lunch 43g Baked Beans 29g Baby Carrots 5g Mixed Fruit 16g	16 Chicken Nuggets 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Peaches 12g	17 Cheese Pizza 34g OR Yogurt Lunch 43g Garden Salad 3.6g Fruit Slushie 22g
20 French Toast Sticks w/sausage 26g OR Yogurt Lunch 43g Sunset Sip Juice 11g Orange Slices 21g	21 Nachos w/cheese & salsa 37g OR Uncrustable 43g Fiesta Beans 22g Pears 14g	22 <i>Start of Winter Break!!!! Return January 5,2022</i>	23	24
27	28	29		
			30	31