


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

NOVEMBER, 2021

Fat Free Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Pancakes w/sausage 40g OR Yogurt Lunch 43g Cherry Star Juice 13g Applesauce 22g</p>	<p>2 Cheese Quesadilla w/salsa 42g OR Uncrustable 32g Refried Beans 23g Peaches 12g</p>	<p>3 Mini Corn Dogs 27g OR Yogurt Lunch 43g Green Beans 12g Baby Carrots 5g Pears 14g</p>	<p>4 Chicken Patty 47g OR Uncrustable 32g Broccoli Blend 5g Pineapple 15g</p>	<p>5 Pepperoni Pizza 34g OR Yogurt Lunch 43g Garden Salad w/sliced veggies 6.6g Fresh Fruit 21-29g</p>
<p>8 Waffles w/sausage 38g OR Yogurt Lunch 43g Dragon Punch Juice 13g Orange Slices 21g</p>	<p>9 Nachos w/cheese & salsa 37g OR Uncrustable 32g Fiesta Beans 22g Pears 14g</p>	<p>10 Jumbo Popcorn Chicken 13g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g</p>	<p>11 Cheeseburger 31.2g OR Yogurt Lunch 43g Green Beans 12g Mixed Fruit 16g</p>	<p>12 French Bread Pizza 33g OR Yogurt Lunch 43g Romaine Salad 4.6g Baby Carrots 5g Peaches 12g</p>
<p>15 Chicken Nuggets 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Peaches 12g</p>	<p>16 Soft Taco w/lettuce, salsa & sour cream 40g OR Uncrustable 32g Corn 14g Pineapple 15g</p>	<p>17 Hot Dog 32g OR Yogurt Lunch 43g Baked Beans 29g Baby Carrots 5g Mixed Fruit 16g</p>	<p>18 Turkey w/gravy Mashed Potatoes Dinner Roll Cinnamon Applesauce Cookie No choice day</p>	<p>19 Cheese Pizza 34g OR Yogurt Lunch 43g Garden Salad 3.6g Fruit Slushie 22g</p>
<p>22 French Toast Sticks w/sausage 26g OR Yogurt Lunch 43g Sunset Sip Juice 11g Orange Slices 21g</p>	<p>23 Chicken Tenders 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g</p>	<p>24 No School</p>	<p>25</p> 	
<p>29 Pancakes w/sausage 40g OR Yogurt Lunch 43g Cherry Star Juice 13g Applesauce 22g</p>	<p>30 Cheese Quesadilla w/salsa 42g OR Uncrustable 32g Refried Beans 23g Peaches 12g</p>			<p>Due to ongoing distribution issues, the menu may change without notice and there may be days without choices. Thank you.</p>