




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

NOVEMBER, 2022

Fat Free Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Soft Taco w/shredded lettuce, salsa & sour cream 40g OR Uncrustable 32g Fiesta Beans 22g Pears 14g	2 Jumbo Popcorn Chicken 13g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g	3 Cheeseburger 31.2g OR Yogurt Lunch 43g Green Beans 12g Mixed Fruit 16g	4 French Bread Pizza 33g OR Yogurt Lunch 43g Romaine Salad 4.6g Baby Carrots 5g Peaches 12g
7 Pancakes w/sausage 40g OR Yogurt Lunch 43g Cherry Star Juice 13g Applesauce 22g	8 No School 	9 Hot Dog 32g OR Yogurt Lunch 43g Baked Beans 29g Baby Carrots 5g Mixed Fruit 16g	10 Chicken Nuggets 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Peaches 12g	11 Cheese Pizza 34g OR Yogurt Lunch 43g Garden Salad 3.6g Fruit Slushie 22g
14 French Toast Sticks w/sausage 26g OR Yogurt Lunch 43g Sunset Sip Juice 11g Orange Slices 21g	15 Nachos w/cheese & salsa 37g OR Uncrustable 43g Fiesta Beans 22g Baby Carrots 5g Pears 14g	16 Mac & Cheese 45g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Peaches 12g	17 Breaded Chicken Leg 6g Mashed Potatoes w/gravy 34g Dinner Roll 15g Applesauce 22g No Choice	18 Cheese Sticks w/marinara sauce 32g OR Yogurt Lunch 43g Green Beans 12g Pineapple 15g Cookie 34g
21 Pancakes w/sausage 40g OR Yogurt Lunch 43g Cherry Star Juice 13g Applesauce 22g	22 Cheese Quesadilla w/salsa 42g OR Uncrustable 32g Refried Beans 23g Peaches 12g Chocolate OR Vanilla Pudding 24g -21g	23 No School 23-25th		
28 Waffles w/sausage 38g OR Yogurt Lunch 43g Dragon Punch Juice 13g Orange Slices 21g	29 Taco Pizza 28g OR Uncrustable 32g Fiesta Beans 22g Pears 14g	30 Jumbo Popcorn Chicken 13g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g		