



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

OCTOBER, 2021

Fat Free Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
				3 Cheese Sticks w/marinara sauce 32g OR Yogurt Lunch 43g Baby Carrots & Celery Sticks 15g Pineapple 15g Cookie 34g
4 Pancakes w/sausage 40g OR Yogurt Lunch 43g Cherry Star Juice 13g Applesauce 22g	5 Cheese Quesadilla w/salsa 42g OR Uncrustable 32g Refried Beans 23g Peaches 12g	6 Mini Corn Dogs 27g OR Yogurt Lunch 43g Green Beans 12g Baby Carrots 5g Pears 14g	7 Chicken Patty 47g OR Uncrustable 32g Broccoli Blend 5g Pineapple 15g	8 Pepperoni Pizza 34g OR Yogurt Lunch 43g Garden Salad w/sliced veggies 6.6g Fresh Fruit 21-29g
11 Columbus Day No School National School Lunch Week	12 Waffles w/sausage 38g OR Yogurt Lunch 43g Dragon Punch Juice 13g Orange Slices 21g	13 Jumbo Popcorn Chicken 13g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g	14 Cheeseburger 31.2g OR Yogurt Lunch 43g Green Beans 12g Mixed Fruit 16g	15 French Bread Pizza 33g OR Yogurt Lunch 43g Romaine Salad 4.6g Baby Carrots 5g Peaches 12g
18 Soft Taco w/lettuce, salsa & sour cream 40g OR Uncrustable 32g Corn 14g Pineapple 15g	19 Hot Dog 32g OR Yogurt Lunch 43g Baked Beans 29g Baby Carrots 5g Mixed Fruit 16g	20 Chicken Nuggets 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Peaches 12g	21 Cheese Pizza 34g OR Yogurt Lunch 43g Garden Salad 3.6g Fruit Slushie 22g	22 Teacher Institute Day No School
25 French Toast Sticks w/sausage 26g OR Yogurt Lunch 43g Sunset Sip Juice 11g Orange Slices 21g	26 Nachos w/cheese & salsa 37g OR Uncrustable 43g Fiesta Beans 22g Pears 14g	27 Chicken Tenders 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g	28 BBQ Rib Sandwich 27g OR Yogurt Lunch 43g Corn 14g Peaches 12g	29 Cheese Sticks w/marinara sauce 32g OR Yogurt Lunch 43g Baby Carrots & Celery Sticks 15g Pineapple 15g Cookie 34g