



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

OCTOBER, 2022

Fat Free milk served with lunch

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
3 Waffles w/sausage 38g OR Yogurt Lunch 43g Dragon Punch Juice 13g Orange Slices 21g	4 Fiestada Pizza 28g OR Uncrustable 32g Fiesta Beans 22g Pears 14g	5 Popcorn Chicken 13g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g	6 Cheeseburger 31.2g OR Yogurt Lunch 43g Green Beans 12g Mixed Fruit 16g	7 French Bread Pizza 33g OR Yogurt Lunch 43g Romaine Salad 4.6g Baby Carrots 5g Peaches 12g
10 	11 Taco Stick 32g salsa & sour cream 6g OR Uncrustable 32g Corn 14g Pineapple 15g	12 Hot Dog 32g OR Yogurt Lunch 43g Baked Beans 29g Baby Carrots 5g Mixed Fruit 16g	13 Chicken Nuggets 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Peaches 12g	14 Cheese Pizza 34g OR Yogurt Lunch 43g Garden Salad 3.6g Fruit Slushie 22g
17 French Toast Sticks w/sausage 26g OR Yogurt Lunch 43g Sunset Sip Juice 11g Orange Slices 21g	18 Nachos w/cheese & salsa 37g OR Uncrustable 43g Fiesta Beans 22g Pears 14g	19 Chicken Tenders 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g	20 Grilled Cheese 31g OR Yogurt Lunch 43g Tomato Soup 18g Peaches 12g	21 Cheese Sticks w/marinara sauce 32g OR Yogurt Lunch 43g Baby Carrots & Celery Sticks 15g Pineapple 15g Cookie 34g
24 Pancakes w/sausage 40g OR Yogurt Lunch 43g Cherry Star Juice 13g Applesauce 22g	25 Cheese Quesadilla w/salsa 42g OR Uncrustable 32g Refried Beans 23g Peaches 12g	26 Mini Corn Dogs 27g OR Yogurt Lunch 43g Green Beans 12g Baby Carrots 5g Pears 14g	27 Pepperoni Pizza 34g OR Yogurt Lunch 43g Garden Salad w/sliced veggies 6.6g Fresh Fruit 21-29g	28 
31 Waffles w/sausage 38g OR Yogurt Lunch 43g Dragon Punch Juice 13g Orange Slices 21g Orange Cream Slushie 23g			