


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

SEPTEMBER, 2022

Fat Free Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please be sure to fill out a meal application to see if your child qualifies for a free or reduced price lunch</p>	<p><u>Full paid lunch \$3.00</u></p> <p><u>Reduced price \$.40</u></p>		<p>1</p> <p>Chicken Patty Sandwich 47g OR Uncrustable 32g Broccoli Blend 5g Pineapple 15g</p>	<p>2</p> <p>Cheese Sticks w/marinara sauce 32g OR Yogurt Lunch 43g Baby Carrots & Celery Sticks 15g Pineapple 15g</p>
<p>5</p> 	<p>6</p> <p>Soft Taco w/lettuce, salsa & sour cream 40g OR Uncrustable 32g Corn 14g Pineapple 15g</p>	<p>7</p> <p>Cheeseburger 31.2g OR Yogurt Entree 43g Green Beans 12g Mixed Fruit 16g</p>	<p>8</p> <p>Boneless Chicken Wings 13g OR Uncrustable 32g Broccoli 5g Applesauce 22g</p>	<p>9</p> <p>French Bread Pizza 33g OR Yogurt Entrée 43g Romaine Salad 4.6g Baby Carrots 5g Peaches 12g Cookie 23g</p>
<p>12</p> <p>Pancakes w/sausage 40g Cherry Star Juice 13g Applesauce 22g OR Yogurt Entrée 43g</p>	<p>13</p> <p>Chicken Quesadilla w/salsa 42g Corn 14g Peaches 12g OR Uncrustable 32g Cupcake 27g</p>	<p>14 Late Start</p> <p>Hot Dog 32g Baked Beans 29g Mixed Fruit 16g OR Yogurt Entree 43g</p>	<p>15</p> <p>Chicken Nuggets 14g Dinner Roll 15g Broccoli 5g Pears 14g OR Uncrustable 32g</p>	<p>16</p> <p>Cheese Pizza 34g Garden salad w/sliced cucumbers 3.6g Fruit Slushie 22g OR Yogurt Entrée 43g</p>
<p>19</p> <p>French Toast Sticks w/sausage 26g OR Yogurt Entree 43g Sunset Sip Juice 11g Orange Slices 21g</p>	<p>20</p> <p>Nachos w/cheese w/salsa 37g Fiesta Beans 22g Pears 14g OR Uncrustable 32g</p>	<p>21</p> <p>Chicken Tenders 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g</p>	<p>22</p> <p>Grilled Cheese 31g OR Yogurt Lunch 43g Tomato Soup 18g Peaches 12g</p>	<p>23</p> <p>Cheese Sticks w/marinara sauce 32g OR Yogurt Entree 43g Baby Carrots & Celery Sticks 15g Pineapple 15g</p>
<p>26</p> <p>Pancakes w/sausage 40g Cherry Star Juice 13g Applesauce 22g OR Yogurt Entrée 43g</p>	<p>27</p> <p>Chicken Quesadilla w/salsa 42g Corn 14g Peaches 12g OR Uncrustable 32g Cupcake 27g</p>	<p>28</p> <p>Mini Corn Dogs 27g Green Beans 12g Applesauce 22g OR Yogurt Entree 43g</p>	<p>29</p> <p>Chicken Patty Sandwich 47g OR Uncrustable 32g Broccoli Blend 5g Pineapple 15g</p>	<p>30</p> <p>Pepperoni Pizza 34g OR Yogurt Entree 43g Garden Salad w/sliced veggies 6.6g Fresh Fruit 21-29g</p>