


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

### SEPTEMBER, 2021

*Fat Free Milk served daily with meals*

*Menu subject to change without notice*

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Tenders 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g	2 BBQ Rib Sandwich 27g OR Yogurt Lunch 43g Corn 14g Peaches 12g	3 Cheese Sticks w/marinara sauce 32g OR Yogurt Lunch 43g Baby Carrots & Celery Sticks 15g Pineapple 15g
6 <b>Labor Day</b> <b>No School</b>	7 Cheese Quesadilla w/salsa 42g OR Uncrustable 32g Refried Beans 23g Peaches 12g	8 Mini Corn Dogs 27g OR Yogurt Lunch 43g Green Beans 12g Baby Carrots 5g Pears 14g	9 Chicken Patty 47g OR Uncrustable 32g Broccoli Blend 5g Pineapple 15g	10 Pepperoni Pizza 34g OR Yogurt Lunch 43g Garden Salad w/sliced veggies 6.6g Fresh Fruit 21-29g
13 Waffles w/sausage 38g OR Yogurt Lunch 43g Dragon Punch Juice 13g Orange Slices 21g	14 Nachos w/cheese & salsa 37g OR Uncrustable 32g Fiesta Beans 22g Pears 14g	15 Cheeseburger 31.2g OR Yogurt Lunch 43g Green Beans 12g Mixed Fruit 16g	16 Boneless Chicken Wings 13g OR Uncrustable 32g Broccoli 5g Applesauce 22g	17 French Bread Pizza 33g OR Yogurt Lunch 43g Romaine Salad 4.6g Baby Carrots 5g Peaches 12g
20 Pancakes w/sausage 40g OR Yogurt Lunch 43g Cherry Star Juice 13g Applesauce 22g	21 Soft Taco w/lettuse, salsa & sour cream 40g OR Uncrustable 32g Corn 14g Pineapple 15g	22 Hot Dog 32g OR Yogurt Lunch 43g Baked Beans 29g Baby Carrots 5g Mixed Fruit 16g	23 Chicken Nuggets 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Peaches 12g	24 Cheese Pizza 34g OR Yogurt Lunch 43g Garden Salad 3.6g Fruit Slushie 22g
27 French Toast Sticks w/sausage 26g OR Yogurt Lunch 43g Sunset Sip Juice 11g Orange Slices 21g	28 Nachos w/cheese & salsa 37g OR Uncrustable 43g Fiesta Beans 22g Pears 14g	29 BBQ Rib Sandwich 27g OR Yogurt Lunch 43g Corn 14g Peaches 12g	30 Chicken Tenders 14g OR Uncrustable 32g Dinner Roll 15g Broccoli 5g Applesauce 22g	