



February

Capron, Manchester & Poplar Grove

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken & Waffles 28g Sunset Sip Juice 15g Applesauce 22g Carrot Sticks 5g	3 Walking Taco w/ Lettuce, Cheese, Salsa & Sour Cream 40g Corn 17g Pears 14g	4 Cheeseburger On Bun 31.2g Baked Beans 29g Baby Carrots 12g Peaches 12g	5 Popcorn Chicken 17g Dinner Roll 14g Broccoli 5g Assorted Fruit 21-29g	6 Stuffed Crust Pizza 36g Garden Salad 5g Celery Sticks 3g Fresh Fruit 21-29g
9 Pancakes w/ Sausage 36g Cinnamon Applesauce 22g Sunset Sip Juice 15g	10 Taco Bites 30g Sour Cream & Salsa 3g Corn 17g Watermelon 6g	11 LATE START	12 Chicken Nuggets 14g Dinner Roll 14g Broccoli Blend 5g Pears 14g	13 Deep Dish Pizza 31g Cucumbers 2g Apple Slices 8g Cookie 34g
16 NO SCHOOL	17 Quesadilla 38g Refried Beans 23g Salsa & Sour Cream 6g Celery Sticks 3g Fresh Fruit 21-29g	18 Cheese Sticks w/ Marinara 32g Corn 17g Cucumbers 2g Orange 21g	19 Chicken Tenders 14g Dinner Roll 14g Broccoli Blend 5g Pears 14g	20 NO SCHOOL
23 	24 Beefy Nachos 41g Taco Meat, Cheese Sauce, Salsa & Sour Cream 6g Fiesta Beans 22g Fresh fruit 21-29g	25 Corn Dog 25g Broccoli 5g Baby Carrots 5g Peaches 12g	26 Chicken Patty On Bun 47g Smiley Potatoes 20g Celery Sticks 3g Fresh fruit 21-29g	27 Cheese Pizza 34g Cucumbers 2g Pizza Crisps 23g Fresh Fruit 21-29g Jello 23g
				*Yogurt lunch will be second choice Mon, Wed, Fri *EZ Jammers will be second choice Tues & Thurs

Fat Free & 1% milk served daily with meals. Students are required to take fruit and/or vegetable for a complete meal.

Menu subject to change without notice

Please contact Julie Antonsen with any questions, jantonsen@nbcusd.org