

NOVEMBER

Capron, Manchester & Poplar Grove

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Yogurt lunch will be second choice Mon, Wed, Fri *EZ Jammers will be second choice Tues & Thurs				
3	4	5	6	7
Pancakes w/ Sausage Links 36g Cinnamon Applesauce 22g Sunset Sip Juice 15g	Taco Bites 30g Sour Cream & Salsa 3g Corn 17g Watermelon 6g	Hot Dog On Bun 32g Baked Beans 29g Baby Carrots 12g Grapes 14g	Chicken Nuggets 14g Dinner Roll 14g Broccoli Blend 5g Pears 14g	Deep Dish Pizza 31g Cucumbers 2g Pizza Crisps 23g Apple Slices 8g
10	11	12	13	14
Chicken & Waffles 28g Sunset Sip Juice 15g Applesauce 22g	Quesadilla 38g Refried Beans 23g Salsa & Sour Cream 6g Celery Sticks 3g Strawberries 5g	LATE START Cheeseburger On Bun 31.2g Baked Beans 29g Baby Carrots 12g Peaches 12g	Chicken Tenders 14g Dinner Roll 14g Broccoli Blend 5g Pears 14g	Pepperoni Pizza 36g Garden Salad 5g Baby Carrots 12g Fresh Fruit 21-29g Slushie 22g
17	18	19	20	21
French Toast Sticks w/ Sausage 26g Applesauces 22g Juice 14g	Beefy Nachos 41g Taco Meat, Cheese Sauce, Salsa & Sour Cream 6g Corn 17g Grapes 14g	Corn Dog 25g Broccoli 5g Baby Carrots 5g Peaches 12g	Turkey Gravy w/ Mashed Potatoes 17g Dinner Roll 14g Corn 17g Fresh Fruit 21-29g	Cheese Pizza 34g Cucumbers 2g Pizza Crisps 23g Fresh Fruit 21-29g
24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
				
<p>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</p>				