



OCTOBER

Capron, Manchester & Poplar Grove

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
*Yogurt lunch will be second choice Mon, Wed, Fri *EZ Jammers will be second choice Tues & Thurs		Macaroni & Cheese 28g Dinner Roll 14g Broccoli 5g Fresh Fruit 21-29g	Popcorn Chicken 17g Dinner Roll 14g Broccoli 5g Assorted Fruit 21-29g	Cheese Sticks w/ Marinara 32g Green Beans 12g Pineapple 15g Slushie 22g
6	7	8 LATE START	9	10
Pancakes w/ Sausage Links 36g Cinnamon Applesauce 22g Sun Splash 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
13 NO SCHOOL	14	15	16	17
	Quesadilla 38g Refried Beans 23g Salsa & Sour Cream 6g Celery Sticks 3g Strawberries 5g	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
20	21	22	23	24 NO SCHOOL
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	Chicken Patty On Bun 47g Smiley Potatoes 20g Mixed Fruit 16g Strawberries 5g	
27	28	29	30	31
Chicken & Waffles 28g Sun Splash Juice 15g Applesauce 22g	Walking Taco w/ Lettuce, Cheese, Salsa & Sour Cream 40g Corn 17g Watermelon 6g	Hot Dog On Bun 32g Baked Beans 29g Baby Carrots 12g Grapes 14g	Popcorn Chicken 17g Dinner Roll 14g Broccoli 5g Assorted Fruit 21-29g	Stuffed Crust Pepperoni Pizza 36g Garden Salad 5g Celery Sticks 3g Fresh Fruit 21-29g Slushie 22g

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@nbceusd.org

