

Capron, Manchester & Poplar Grove

SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Walking Taco w/ Lettuce, Cheese, Salsa & Sour Cream 40g Corn 17g Pears 14g	3 Popcorn Chicken 17g Dinner Roll 14g Broccoli 5g Assorted Fruit 21-29g	4 Cheeseburger On Bun 31.2g Baked Beans 29g Baby Carrots 12g Peaches 12g	5 Stuffed Crust Pepperoni Pizza 36g Garden Salad 5g Celery Sticks 3g Fresh Fruit 21-29g
8 Pancakes w/ Sausage Links 36g Cinnamon Applesauce 22g Sunset Sip Juice 15g	9 Taco Bites 30g Sour Cream & Salsa 3g Corn 17g Watermelon 6g	10 LATE START	11 Chicken Nuggets 14g Dinner Roll 14g Broccoli Blend 5g Pears 14g	12 Deep Dish Pizza 31g Cucumbers 2g Pizza Crisps 23g Apple Slices 8g
15 Macaroni & Cheese 28g Dinner Roll 14g Broccoli 5g Fresh Fruit 21-29g	16 Quesadilla 38g Refried Beans 23g Salsa & Sour Cream 6g Celery Sticks 3g Strawberries 5g	17 Chicken Tenders 14g Dinner Roll 14g Broccoli Blend 5g Pears 14g	18 Cheese Sticks w/ Marinara 32g Corn 17g Cucumbers 2g Orange 21g	19 Pepperoni Pizza 36g Garden Salad 5g Baby Carrots 12g Fresh Fruit 21-29g Slushie 22g
22 French Toast Sticks w/ Sausage 26g Applesauces 22g Cherry Star Juice 14g	23 Beefy Nachos 41g Taco Meat, Cheese Sauce, Salsa & Sour Cream 6g Corn 17g Grapes 14g	24 Corn Dog 25g Broccoli 5g Baby Carrots 5g Peaches 12g	25 Chicken Patty On Bun 47g Smiley Potatoes 20g Mixed Fruit 16g Strawberries 5g	26 Cheese Pizza 34g Cucumbers 2g Pizza Crisps 23g Fresh Fruit 21-29g
28 Chicken & Waffles 28g Sunset Sip Juice 15g Applesauce 22g	29 Walking Taco w/ Lettuce, Cheese, Salsa & Sour Cream 40g Corn 17g Watermelon 6g	30 Popcorn Chicken 17g Dinner Roll 14g Broccoli 5g Assorted Fruit 21-29g		*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@nbeusd.org