

North Boone High School (9-12)

OCTOBER, 2018

Assorted Sandwiches & Salads served daily***** Fat Free & 1% Milk served daily *****Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
1 Corn Dog 27g Garden Salad 9g Celery Sticks w/peanut butter 14.5g Applesauce 46g	2 Chicken Fajita w/peppers & onions 30g Black Beans 29.3g Mandarin Oranges 34g	3 Spicy Chicken Patty 47g Corn 48g Pears 28g Apple & Eve Fruit/Veggie Juice 13g	4 Steak & Cheese Hoagie w/peppers & onions 45g Broccoli 10g Baby Carrots 12g Mandarin Oranges 34g	5 Pizza 44g Green Beans 14g Pineapple 30g Cupcake 27g
8 Columbus Day No School	9 Soft Taco 35g w/shredded cheese, salsa & sour cream 8g Black Beans 29.3g Applesauce 46g	10 Bacon Cheeseburger 36g Garden Salad 9g Baby Carrots 12g Pears 28g	11 Chicken Tenders 16g Mashed Potatoes w/gravy 34g Dinner Roll 15g Pineapple 30g	12 Pepperoni BOSCO Sticks w/marinara sauce 42g Green Beans 14g Mixed Fruit 26g Mandarin Oranges 34g Cookie 15g
15 Chick-fil-A-Patty 47g Garden Salad 9g Zucchini 9g Peaches 24g	16 Beef & Cheese Nachos 38g Refried Beans 22g Pineapple 30g Apple Churro 27g	17 Turkey w/gravy 3.6g Mashed Potato 34g Dinner Roll 15g Mandarin Oranges 34g Pudding Cup 29g	18 Mini Corn Dogs 27g Cheese Filled Pretzel 14g Broccoli 10g Applesauce 46g	19 Deep Dish Pizza 31g Green Beans 14g Cooked Carrots 12g Pineapple 30g
22 Cheese Calzone 33g Garden Salad 13g Baby Carrots 12g Mandarin Oranges 17g	23 Chicken Nuggets 14g Dinner Roll 15g Veggie Beans 30.6g Pineapple 30g	24 Hot Dog OR Brat 32g Corn 48g Applesauce 46g Fruit Juice 13g	25 French Bread Pizza 34g Green Beans 14g Mixed Fruit 26g Cookie 15g	26 Teacher Institute Day No School
29 Corn Dog 27g Garden Salad 9g Celery Sticks w/peanut butter 14.5g Applesauce 46g	30 Chicken Fajita w/peppers & onions 30g Black Beans 29.3g Mandarin Oranges 34g	31 Spicy Chicken Patty 47g Corn 48g Pears 28g Apple & Eve Fruit/Veggie Juice 13g	 <p>© Cani Stock Photo - csp7292282</p>	