

**North Boone Middle School (7-8) & Upper Elementary (5-6)**  
**OCTOBER, 2018**

*Fat Free & 1% Milk served daily with meals*

*Menu subject to change without notice*

Monday	Tuesday	Wednesday	Thursday	Friday
1 MR. Rib 34.49g <b>OR</b> Uncrustable 64g Garden Salad w/shredded veggies 9g Broccoli 8g Pineapple 15g	2 Turkey w/gravy 3.6g <b>OR</b> Uncrustable 64g Mashed Potato 17g Sliced WG Bread 13g Applesauce 22g	3 Chicken Patty 44g (Breaded OR Spicy) <b>OR</b> Uncrustable 64g Cooked Carrots 15.9g DOLE Mixed Fruit Cup 16g Apple & Eve Juice 13g	4 Hot Dog 32g <b>OR</b> Yogurt Plate 49g Veggie Beans 15.3g Mandarin Oranges 17g Cookie 15g	5 Cheese Pizza 35g <b>OR</b> Uncrustable 64g Green Beans 12g Peaches 12g Jello Cup 25g
8 <b>Columbus Day</b> <b>No School</b>	9 Mini Corn Dogs 27g <b>OR</b> Uncrustable 64g Garden Salad 9g Celery Sticks w/peanut butter cup 14.5g Flavored Applesauce 22g	10 BOSCO Cheese Sticks w/marinara sauce 44g <b>OR</b> Uncrustable 64g Corn 38g Mandarin Oranges 17g	11 Chicken Tenders 14g <b>OR</b> Yogurt Plate 49g Dinner Roll 15g Veggie Beans 15.3g Pineapple 15g	12 French Bread Pizza 34g <b>OR</b> Uncrustable 64g Cooked Carrots 15.9g Pears 14g Apple & Eve Juice 13g Pudding Cup 29g
15 Nachos w/cheese 41g <b>OR</b> Uncrustable 64g Black Beans 22g Baby Carrots & Broccoli Florets 20g Peaches 12g	16 Chicken Drumstick 15g <b>OR</b> Uncrustable 64g Dinner Roll 15g Mashed Potatoes w/gravy 21g Pears 14g Apple & Eve Juice 13g	17 Cheeseburger 36g <b>OR</b> Uncrustable 64g Veggie Beans 23g Mixed Fruit 18g WG Rice Krispie Treat 9g	18 Chicken 37g <b>OR</b> Cheese 39g Quesadilla <b>OR</b> Yogurt Plate 49g Green Beans 12g Mandarin Oranges 17g	19 Cheese Calzone 33g <b>OR</b> Uncrustable 64g Garden Salad 9g Fresh Fruit Choice 21-29g Cookie 15g
22 Chicken Nuggets 15g <b>OR</b> Yogurt Plate 49g Soft Pretzel 14g Broccoli Blend Veggies 10g Peaches 12g	23 Corn Dog 27g <b>OR</b> Uncrustable 64g Cooked Carrots 15.9g Pears 14g Apple & Eve Juice 13g	24 Chicken Fajita 16g <b>OR</b> Uncrustable 64g Corn 38g Pineapple 15g Cupcake 27g	25 Pepperoni BOSCO sticks w/marinara sauce 42g <b>OR</b> Uncrustable 64g Green Beans 12g Mandarin Oranges 17g	26 <b>Teacher Institute Day</b> <b>No School</b>
29 MR. Rib 34.49g <b>OR</b> Uncrustable 64g Garden Salad w/shredded veggies 9g Broccoli 8g Pineapple 15g	30 Turkey w/gravy 3.6g <b>OR</b> Uncrustable 64g Mashed Potato 17g Sliced WG Bread 13g Applesauce 22g	31 Chicken Patty 44g (Breaded OR Spicy) <b>OR</b> Uncrustable 64g Cooked Carrots 15.9g DOLE Mixed Fruit Cup 16g Apple & Eve Juice 13g		