

North Boone High School (9-12)

NOVEMBER, 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Steak & Cheese Hoagie w/peppers & onions 45g Broccoli 10g Baby Carrots 12g Mandarin Oranges 34g	2 Pizza 44g Green Beans 14g Pineapple 30g Cupcake 27g
5 Bacon Cheeseburger 36g Garden Salad 9g Baby Carrots 12g Pears 28g	6 Soft Taco 35g w/shredded cheese, salsa & sour cream 8g Black Beans 29.3g Applesauce 46g	7 Mac & Cheese 31g Dinner Roll 15g Broccoli Blend Veggies 14g Peaches 24g	8 Chicken Tenders 16g Mashed Potatoes w/gravy 34g Dinner Roll 15g Pineapple 30g	9 Pepperoni BOSCO Sticks w/marinara sauce 42g Green Beans 14g Mixed Fruit 26g Mandarin Oranges 34g Cookie 15g
12 Chick-fil-A-Patty 47g Garden Salad 9g Zucchini 9g Peaches 24g	13 Beef & Cheese Nachos 38g Refried Beans 22g Pineapple 30g	15 Mini Corn Dogs 27g Cheese Filled Pretzel 14g Broccoli 10g Applesauce 46g	15 Turkey w/gravy 3.6g Mashed Potato 34g Dinner Roll 15g Mandarin Oranges 34g Pudding Cup 29g	16 Deep Dish Pizza 31g Green Beans 14g Cooked Carrots 12g Pineapple 30g
19 Cheese Calzone 33g Garden Salad 13g Baby Carrots 12g Mandarin Oranges 17g	20 Chicken Nuggets 14g Dinner Roll 15g Veggie Beans 30.6g Pineapple 30g	21 No School!!!!	22 No School!!!!	23 No School!!!!
26 Bacon Cheeseburger 36g Garden Salad 9g Baby Carrots 12g Pears 28g	27 Soft Taco 35g w/shredded cheese, salsa & sour cream 8g Black Beans 29.3g Applesauce 46g	28 Mac & Cheese 31g Dinner Roll 15g Broccoli Blend Veggies 14g Peaches 24g	29 Chicken Tenders 16g Mashed Potatoes w/gravy 34g Dinner Roll 15g Pineapple 30g	30 Pepperoni BOSCO Sticks w/marinara sauce 42g Green Beans 14g Mixed Fruit 26g Mandarin Oranges 34g Cookie 15g

