

North Boone Middle School (7-8) & Upper Elementary (5-6)

NOVEMBER, 2018

Fat Free Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot Dog 32g OR Yogurt Plate 49g Veggie Beans 15.3g Mandarin Oranges 17g Cookie 15g	2 Cheese Pizza 35g OR Uncrustable 64g Green Beans 12g Peaches 12g Jello Cup 25g
5 Mini Corn Dogs 27g OR Uncrustable 64g Garden Salad 9g Celery Sticks w/peanut butter cup 14.5g Flavored Applesauce 22g	6 Chicken Tenders 14g OR Yogurt Plate 49g Dinner Roll 15g Veggie Beans 15.3g Pineapple 15g	7 BOSCO Cheese Sticks w/marinara sauce 44g OR Uncrustable 64g Corn 38g Mandarin Oranges 17g	8 Mac & Cheese 31g OR Yogurt Plate 49g Sliced WG Bread 13g Broccoli Blend veggies 10g DOLE Tropical Fruit Cup 18g	9 French Bread Pizza 34g OR Uncrustable 64g Cooked Carrots 15.9g Pears 14g Apple & Eve Juice 13g Pudding Cup 29g
12 Nachos w/cheese 41g OR Uncrustable 64g Black Beans 22g Baby Carrots & Broccoli Florets 20g Peaches 12g	13 Cheeseburger 36g OR Uncrustable 64g Veggie Beans 23g Mixed Fruit 18g WG Rice Krispie Treat 9g	14 Chicken 37g OR Cheese 39g Quesadilla OR Yogurt Plate 49g Green Beans 12g Mandarin Oranges 17g	15 Turkey w/gravy 3.6g OR Uncrustable 64g Mashed Potato 17g Sliced WG Bread 13g Applesauce 22g Cookie 15g	16 Cheese Calzone 33g OR Uncrustable 64g Garden Salad 9g Fresh Fruit Choice 21-29g
19 Cheeseburger 36g OR Uncrustable 64g Veggie Beans 23g Mixed Fruit 18g WG Rice Krispie Treat 9g	20 Chicken Nuggets 15g OR Yogurt Plate 49g Soft Pretzel 14g Broccoli Blend Veggies 10g Peaches 12g	21 No School!!!!	22 No School!!!!	23 No School!!!!
				
26 MR. Rib 34.49g OR Uncrustable 64g Garden Salad w/shredded veggies 9g Broccoli 8g Pineapple 15g	27 Corn Dog 27g OR Uncrustable 64g Cooked Carrots 15.9g Pears 14g Apple & Eve Juice 13g	28 Chicken Patty 44g (Breaded OR Spicy) OR Uncrustable 64g Cooked Carrots 15.9g DOLE Mixed Fruit Cup 16g Apple & Eve Juice 13g	29 Hot Dog 32g OR Yogurt Plate 49g Veggie Beans 15.3g Mandarin Oranges 17g Cookie 15g	30 Cheese Pizza 35g OR Uncrustable 64g Green Beans 12g Peaches 12g Jello Cup 25g