

North Boone High School (9-12)

JANUARY, 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
7 Bacon Cheeseburger 36g Garden Salad 9g Baby Carrots 12g Pears 28g	8 Soft Taco 35g w/shredded cheese, salsa & sour cream 8g Black Beans 29.3g Applesauce 46g	9 Mac & Cheese 31g Dinner Roll 15g Broccoli Blend Veggies 14g Peaches 24g	10 Chicken Tenders 16g Mashed Potatoes w/gravy 34g Dinner Roll 15g Pineapple 30g	11 Pepperoni BOSCO Sticks w/marinara sauce 42g Green Beans 14g Mixed Fruit 26g Mandarin Oranges 34g Cookie 15g
14 Chick-fil-A-Patty 47g Garden Salad 9g Zucchini 9g Peaches 24g	15 Beef & Cheese Nachos 38g Refried Beans 22g Pineapple 30g Pudding Cup 29g	16 Mini Corn Dogs 27g Cheese Filled Pretzel 14g Broccoli 10g Applesauce 46g	17 Turkey w/gravy 3.6g Mashed Potato 34g Dinner Roll 15g Mandarin Oranges 34g Pudding Cup 29g	18 Deep Dish Pizza 31g Green Beans 14g Cooked Carrots 12g Pineapple 30g
21 Martin Luther King Jr. Day No School	22 Cheese Calzone 33g OR Pepperoni Calzone 32g 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 Bratt 32g Corn 48g Applesauce 46g Fruit Juice 13g	25 French Bread Pizza 34g Green Beans 14g Mixed Fruit 26g Cookie 15g
28 Corn Dog 27g Garden Salad 9g Celery Sticks w/peanut butter 14.5g Applesauce 46g	29 Chicken Fajita w/peppers & onions 30g Black Beans 29.3g Mandarin Oranges 34g	30 Spicy Chicken Patty 47g Corn 48g Pears 28g Apple & Eve Fruit/Veggie Juice 13g	31 Steak & Cheese Hoagie w/peppers & onions 45g Broccoli 10g Baby Carrots 12g Mandarin Oranges 34g	