

North Boone Middle School (7-8) & Upper Elementary (5-6)
JANUARY, 2019

Fat Free & 1% Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>7 Mini Corn Dogs 27g OR Uncrustable 64g Garden Salad 9g Celery Sticks w/peanut butter cup 14.5g Flavored Applesauce 22g</p>	<p>8 Chicken Tenders 14g (Breaded OR Spicy) OR Yogurt Plate 49g Dinner Roll 15g Veggie Beans 15.3g Pineapple 15g</p>	<p>9 BOSCO Cheese Sticks w/marinara sauce 44g OR Uncrustable 64g Corn 38g Mandarin Oranges 17g</p>	<p>10 Mac & Cheese 31g OR Yogurt Plate 49g Sliced WG Bread 13g Broccoli Blend veggies 10g DOLE Tropical Fruit Cup 18g</p>	<p>11 French Bread Pizza 34g OR Uncrustable 64g Cooked Carrots 15.9g Pears 14g Apple & Eve Juice 13g Pudding Cup 29g</p>
<p>14 Nachos w/cheese 41g OR Uncrustable 64g Black Beans 22g Baby Carrots & Broccoli Florets 20g Peaches 12g</p>	<p>15 Cheeseburger 36g OR Uncrustable 64g Veggie Beans 23g Mixed Fruit 18g WG Rice Krispie Treat 9g</p>	<p>16 Chicken 37g OR Cheese 39g Quesadilla OR Yogurt Plate 49g Green Beans 12g Mandarin Oranges 17g</p>	<p>17 Chicken Patty 44g (Breaded OR Spicy) OR Uncrustable 64g Cooked Carrots 15.9g DOLE Mixed Fruit Cup 16g Apple & Eve Juice 13g</p>	<p>18 Cheese Calzone 33g OR Pepperoni Calzone 39g OR Uncrustable 64g Garden Salad 9g Fresh Fruit Choice 21-29g Cookie 15g</p>
<p>21 Martin Luther King Jr. Day No School</p>	<p>22 Chicken Fajita 16g OR Uncrustable 64g Corn 38g Pineapple 15g Cupcake 27g</p>	<p>23 Corn Dog 27g OR Uncrustable 64g Cooked Carrots 15.9g Pears 14g Apple & Eve Juice 13g</p>	<p>24 Chicken Nuggets 15g OR Yogurt Plate 49g Soft Pretzel 14g Broccoli Blend Veggies 10g Peaches 12g</p>	<p>25 Pepperoni BOSCO sticks w/marinara sauce 42g OR Uncrustable 64g Green Beans 12g Mandarin Oranges 17g</p>
<p>28 MR. Rib 34.49g OR Uncrustable 64g Garden Salad w/shredded veggies 9g Broccoli 8g Pineapple 15g</p>	<p>29 Turkey w/gravy 3.6g OR Uncrustable 64g Mashed Potato 17g Sliced WG Bread 13g Applesauce 22g</p>	<p>30 Chicken Patty 44g (Breaded OR Spicy) OR Uncrustable 64g Cooked Carrots 15.9g DOLE Mixed Fruit Cup 16g Apple & Eve Juice 13g</p>	<p>31 Hot Dog 32g OR Yogurt Plate 49g Veggie Beans 15.3g Mandarin Oranges 17g Cookie 15g</p>	