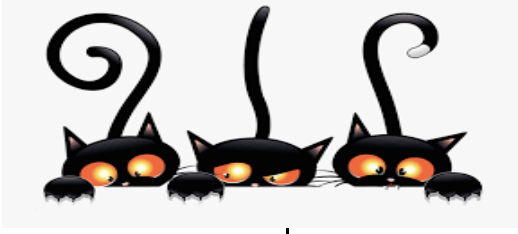


# North Boone High School (9-12)

## OCTOBER, 2021

*Fat Free and 1% Milk served daily...Assorted Sandwiches and Salads served daily.....Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
				Deep Dish Pizza 31g Baby Carrots 12g Celery Sticks 7.5g Fresh Fruit 21-29g
4 Cheeseburger 36g Baked Beans 52g Fruit Cocktail 28g	5 Chicken Tenders 14g Dinner Roll 15g Corn 34g Pineapple 30g	6 Nachos w/lettuce, salsa & sour cream 46g Refried Beans 46g Peaches 24g Cherry Star Juice 13g	7 Grilled Chicken Patty 20g Broccoli 10g Carrots 12g Pears 28g	8 Cheese Sticks w/marinara sauce 34g Green Beans 14g Applesauce 46g Cookie 34g
11 Columbus Day No School <b>National School Lunch Week</b>	12 Spicy Chicken Patty 47g Broccoli Blend 10g Peaches 24g	13 Chicken Quesadilla w/salsa & sour cream 42g Fiesta Beans 44g Pineapple 30g	14 Hot Dog 32g Green Beans 14g Mixed Fruit 28g Sunset Sip Juice 13g	15 Sausage Pizza 32g Garden Salad 9g Baby Carrots 12g Fresh Fruit 21-29g
18 BBQ Rib Sandwich 41g Corn 34g Mixed Fruit 28g Cherry Star Juice 13g	19 Walking Taco w/lettuce, salsa & sour cream 40g Refried Beans 46g Pineapple 30g	20 Boneless Chicken Wings 14g Dinner Roll 15g Broccoli 10g Peaches 24g	21 French Bread Pizza 33g Romaine Salad 4.6g Celery Sticks 7.5g Pears 28g	22 <b>Teacher Institute Day</b> <b>No School</b>
25 Spicy Chicken Tenders 14g Dinner Roll 15g Green Beans 14g Peaches 24g	26 Cheese Quesadilla w/salsa & sour cream 43g Corn 34g Pears 28g Cupcake 26g	27 Chicken Patty 47g Broccoli Blend 10g Pineapple 30g Fruit Slushie 22g	28 Mini Corn Dogs 27g Baked Beans 52g Applesauce 46g Dragon Punch Juice 13g	29 Deep Dish Pizza 31g Baby Carrots 12g Celery Sticks 7.5g Fresh Fruit 21-29g