


## North Boone High School (9-12)

### NOVEMBER, 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Taco Pizza 28g w/salsa & sour cream 6g Refried Beans 46g Pineapple 30g	2 Boneless Chicken Wings 14g Dinner Roll 15g Broccoli 10g Peaches 24g	3 Mac & Cheese 45g Dinner Roll 15g Broccoli 10g Applesauce 46g Cookie 34g	4 Stuffed Crust Cheese Pizza 35g Romaine Salad 4.6g Celery Sticks 7.5g Baby Carrots 12g Pears 28g
7 Spicy Chicken Tenders 14g Dinner Roll 15g Green Beans 14g Peaches 24g	8 <b>No School</b> 	9 Cheese Quesadilla w/salsa & sour cream 43g Corn 34g Pears 28g	10 Chicken Patty 47g Broccoli Blend 10g Pineapple 30g Fruit Slushie 22g	11 Deep Dish Pizza 31g Baby Carrots 12g Celery Sticks 7.5g Fresh Fruit 21-29g
14 Cheeseburger 36g Baked Beans 52g Fruit Cocktail 28g Baby Carrots 12g	15 Chicken Tenders 14g Dinner Roll 15g Broccoli 10g Pineapple 30g	16 Taco Pizza 28g w/salsa & sour cream 6g Refried Beans 46g Peaches 24g Cherry Star Juice 13g	17 Breaded Chicken Leg 6g Mashed Potatoes w/gravy 68g Dinner Roll 15g Assorted Fresh Fruit 21-29g	18 Cheese Sticks w/marinara sauce 34g Green Beans 14g Applesauce 46g Cookie 34g
21 Spicy Chicken Patty 47g Broccoli Blend 10g Peaches 24g	22 Hot Dog 32g Green Beans 14g Mixed Fruit 28g Sunset Sip Juice 13g	23 <b>No School 23 - 25th</b>	24	25
28 BBQ Rib Sandwich 41g Corn 34g Mixed Fruit 28g Cherry Star Juice 13g	29 Taco Pizza 28g w/salsa & sour cream 6g Refried Beans 46g Pineapple 30g	30 Boneless Chicken Wings 14g Dinner Roll 15g Broccoli 10g Peaches 24g		

