



North Boone High School (9-12)

OCTOBER, 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Rib Sandwich 41g Corn 34g Mixed Fruit 28g Cherry Star Juice 13g	4 Fiestada Pizza 28g w/salsa & sour cream 6g Refried Beans 46g Pineapple 30g	5 Boneless Chicken Wings 14g Dinner Roll 15g Broccoli 10g Peaches 24g	6 Mac & Cheese 45g Dinner Roll 15g Broccoli 10g Applesauce 46g Cookie 34g	7 Stuffed Crust Cheese Pizza 35g Romaine Salad 4.6g Celery Sticks 7.5g Pears 28g
	11 Spicy Chicken Tenders 14g Dinner Roll 15g Green Beans 14g Peaches 24g	12 Cheese Quesadilla w/salsa & sour cream 43g Corn 34g Pears 28g	13 Chicken Patty 47g Broccoli Blend 10g Pineapple 30g Fruit Slushie 22g	14 Deep Dish Pizza 31g Baby Carrots 12g Celery Sticks 7.5g Fresh Fruit 21-29g
17 Cheeseburger 36g Baked Beans 52g Fruit Cocktail 28g	18 Chicken Tenders 14g Dinner Roll 15g Corn 34g Pineapple 30g	19 Fiestada Pizza 28g w/salsa & sour cream 6g Refried Beans 46g Peaches 24g Cherry Star Juice 13g	20 Grilled Chicken Patty 20g Broccoli 10g Carrots 12g Pears 28g	21 Cheese Sticks w/marinara sauce 34g Green Beans 14g Applesauce 46g Cookie 34g
24 Spicy Chicken Patty 47g Broccoli Blend 10g Peaches 24g	25 Chicken Quesadilla w/salsa & sour cream 42g Fiesta Beans 44g Pineapple 30g	26 Hot Dog 32g Green Beans 14g Mixed Fruit 28g Sunset Sip Juice 13g	27 Pepperoni Stuffed Crust Pizza 36g Garden Salad 9g Baby Carrots 12g Fresh Fruit 21-29g	
31 BBQ Rib Sandwich 41g Corn 34g Mixed Fruit 28g Cherry Star Juice 13g		