



North Boone Middle School (7-8) & Upper Elementary (5-6)
OCTOBER, 2021

Fat Free Milk served daily with meals

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Sticks w/marinara sauce 32g OR Yogurt Lunch 43g Green Beans 12g Applesauce 23g Cookie 34g
4 Pancakes w/sausage patty 40g OR Yogurt Lunch 43g Cherry Star Juice 13g Fresh Fruit Choice 21-29	5 Cheese Quesadilla w/salsa & sour cream 36g OR Uncrustable 64g Fiesta Beans 22g Pineapple 15g	6 Hot Dog 32g OR Yogurt Lunch 43g Baked Beans 29g Pears 14g	7 Chicken Nuggets 15g OR Uncrustable 64g Dinner Roll 15g Broccoli Blend 5g Peaches 12g	8 Cheese Pizza 24g OR Yogurt Lunch 43g Garden Salad 3.6g Baby Carrots 12g Fruit Slushie 22g
11 Columbus Day No School National School Lunch Week	12 Walking Taco w/lettuce, salsa & sour cream 39g OR Uncrustable 64g Corn 14g Mixed Fruit 16g	13 Chicken Tenders 14g OR Yogurt Lunch 43g Dinner Roll 15g Broccoli 5g Flavored Applesauce Cup 15g	14 Cheeseburger 31.2g OR Uncrustable 64g Green Beans 12g Pineapple 15g	15 Pepperoni Pizza 35g OR Yogurt Lunch 43g Baby Carrots 12g Sliced Cukes 2g Pears 14g
18 BBQ Rib Sandwich 45g OR Yogurt Lunch 43g Wango Mango Juice 13g Applesauce 23g	19 Chicken Quesadilla w/salsa & sour cream 42g OR Uncrustable 64g Fiesta Beans 22g Pineapple 15g	20 Boneless Chicken Wings 14g OR Uncrustable 64g Dinner Roll 15g Corn 14g Pears 14g	21 Sausage Pizza 36g OR Yogurt Lunch 43g Romaine Salad 4.6g Baby Carrots 12g Fresh Fruit 21-29g	22 Teacher Institute Day No School
25 Chicken Patty 44g OR Yogurt Lunch 43g Corn 14g Pineapple 15g	26 Soft Taco w/lettuce, salsa & sour cream 40g OR Uncrustable 64g Refried Beans 23g Mixed Fruit 16g	27 Deep Dish Pizza 31g OR Yogurt Lunch 43g Broccoli 12g Peaches 12g	28 Mini Corn Dogs 27g OR Uncrustable 64g Baked Beans 30g Dragon Punch Juice 13g Pears 14g	29 Cheese Sticks w/marinara sauce 32g OR Yogurt Lunch 43g Green Beans 12g Applesauce 23g Cookie 34g