



# OCTOBER

## North Boone Middle School & Upper Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
*Uncrustable and Yogurt Meals will be offered daily.		Hot Dog On Bun 32g Fritos 16g Baked Beans 26g Baby Carrots 12g Celery Sticks 6g Assorted Fruit 21-29g	Mac-N-Cheese 28g Dinner Roll 14g Steamed Broccoli 6g Cucumbers 2g Peaches 24g	Deep Dish Pizza 31g Baby Carrots 12g Green Beans 16g Fresh Fruit 21-29g
6	7	8 LATE START	9	10
Honey BBQ Mr Rib On Bun 41g Green Beans 6g Juice 14g Applesauce 22g	Cheese Quesadilla 38g Salsa & Sour Cream 6g Fiesta Beans 22g Celery Sticks 6g Watermelon 12g	Chicken Tenders 17g Dinner Roll 14g Steamed Corn 34g Baby Carrots 12g Peaches 24g	Orange Chicken w/ Fried Rice 61g Broccoli 6g Strawberries 9g Fortune Cookie 3g	Stuffed Crust Pepperoni Pizza 36g Garden Salad w/ Cucumber 7g Fresh Fruit 21-29g
13 NO SCHOOL	14	15	16	17
	Walking Taco w/ Lettuce, Cheese, Salsa & Sour Cream 40g Corn 17g Baby Carrots 12g Pears 14g	Corn Dog 25g Baked Beans 29g Cucumber Slices 2g Grapes 28g Juice 16g	Popcorn Chicken 17g Dinner Roll 14g Green Beans 6g Pineapple 40g	Cheese Pizza 31g Romaine Salad 5g Baby Carrots 12g Fresh Fruit 21-29g
20	21	22	23	24 NO SCHOOL
Cheeseburger 31.2g Corn 34g Celery Sticks 6g Applesauce 22g	Taco Bites w/ Sour Cream & Salsa 45g Fiesta Beans 22g Watermelon & Cantaloupe 8g	Cheese Sticks w/ Marinara 32g Green Beans 6g Cucumbers 2g Strawberries 9g	Chicken Tenders 14g Dinner Roll 14g Broccoli Blend 5g Pineapple 40g	
27	28	29	30	31
Chicken Patty On A Bun 35g Corn 34g Baby Carrots 12g Pineapple 40g	Beefy Nachos w/ Meat, Cheese Sauce, Lettuce, Salsa & Sour Cream 46g Refried Beans 23g Fresh Fruit 21-29g	Hot Dog On Bun 32g Fritos 16g Baked Beans 26g Baby Carrots 12g Celery Sticks 6g Assorted Fruit 21-29g	Mac-N-Cheese 28g Dinner Roll 14g Steamed Broccoli 6g Cucumbers 2g Peaches 24g	Pepperoni Pizza 36g Garden Salad w/ Cucumber 7g Fresh Fruit 21-29g Slushie 22g

