

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

NOVEMBER, 2022

Fat Free & 1%Milk served daily with meals

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Quesadilla w/salsa & sour cream 42g OR Uncrustable 64g Fiesta Beans 22g Pineapple 15g	2 Boneless Chicken Wings 14g OR Uncrustable 64g Dinner Roll 15g Corn 14g Pears 14g	3 Mac & Cheese 31g OR Yogurt Lunch 43g Dinner Roll 15g Green Beans 12g Peaches 12g	4 Stuffed Crust Cheese Pizza 35g OR Yogurt Lunch 43g Romaine Salad 4.6g Baby Carrots 12g Fresh Fruit 21-29g
7 Chicken Patty 44g OR Yogurt Lunch 43g Corn 14g Pineapple 15g	8 No School 	9 Deep Dish Pizza 31g OR Yogurt Lunch 43g Broccoli 12g Peaches 12g Baby Carrots 12g	10 Mini Corn Dogs 27g OR Uncrustable 64g Baked Beans 30g Dragon Punch Juice 13g Pears 14g	11 Cheese Sticks w/marinara sauce 32g OR Yogurt Lunch 43g Green Beans 12g Applesauce 23g Cookie 34g
14 Pancakes w/sausage patty 40g OR Yogurt Lunch 43g Cherry Star Juice 13g Fresh Fruit Choice 21-29	15 Taco Pizza 28g OR Uncrustable 64g Fiesta Beans 22g Pineapple 15g	16 Hot Dog 32g OR Yogurt Lunch 43g Baked Beans 29g Pears 14g	17 Breaded Chicken Leg 6g Mashed Potatoes w/gravy 34g Dinner Roll 15g Applesauce 23g Cookie 34g No Choice	18 Cheese Pizza 24g OR Yogurt Lunch 43g Garden Salad 3.6g Baby Carrots 12g Fruit Slushie 22g
21 Chicken Tenders 14g OR Yogurt Lunch 43g Dinner Roll 15g Broccoli 5g Flavored Applesauce Cup 15g	22 Pepperoni Stuffed Crust Pizza 36g OR Yogurt Lunch 43g Baby Carrots 12g Sliced Cukes 2g Pears 14g	23 No School 23-25th		
28 BBQ Rib Sandwich 45g OR Yogurt Lunch 43g Wango Mango Juice 13g Applesauce 23g	29 Cheese Quesadilla w/salsa & sour cream 42g OR Uncrustable 64g Fiesta Beans 22g Pineapple 15g	30 Boneless Chicken Wings 14g OR Uncrustable 64g Dinner Roll 15g Corn 14g Pears 14g		