



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

**OCTOBER, 2022**

*Fat Free & 1% Milk served daily with lunch*

**Menu subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Rib Sandwich 45g <b>OR</b> Yogurt Lunch 43g Wango Mango Juice 13g Applesauce 23g	4 Chicken Quesadilla w/salsa & sour cream 42g <b>OR</b> Uncrustable 64g Fiesta Beans 22g Pineapple 15g	5 Boneless Chicken Wings 14g <b>OR</b> Uncrustable 64g Dinner Roll 15g Corn 14g Pears 14g	6 Mac & Cheese 31g <b>OR</b> Yogurt Lunch 43g Dinner Roll 15g Green Beans 12g Peaches 12g	7 Stuffed Crust Cheese Pizza 35g <b>OR</b> Yogurt Lunch 43g Romaine Salad 4.6g Baby Carrots 12g Fresh Fruit 21-29g
10 	11 Chicken Patty 44g <b>OR</b> Yogurt Lunch 43g Corn 14g Pineapple 15g	12 Deep Dish Pizza 31g <b>OR</b> Yogurt Lunch 43g Broccoli 12g Peaches 12g	13 Mini Corn Dogs 27g <b>OR</b> Uncrustable 64g Baked Beans 30g Dragon Punch Juice 13g Pears 14g	14 Cheese Sticks w/marinara sauce 32g <b>OR</b> Yogurt Lunch 43g Green Beans 12g Applesauce 23g Cookie 34g
17 Pancakes w/sausage patty 40g <b>OR</b> Yogurt Lunch 43g Cherry Star Juice 13g Fresh Fruit Choice 21-29	18 Fiestada Pizza 28g <b>OR</b> Uncrustable 64g Fiesta Beans 22g Pineapple 15g	19 Hot Dog 32g <b>OR</b> Yogurt Lunch 43g Baked Beans 29g Pears 14g	20 Chicken Nuggets 15g <b>OR</b> Uncrustable 64g Dinner Roll 15g Broccoli Blend 5g Peaches 12g	21 Cheese Pizza 24g <b>OR</b> Yogurt Lunch 43g Garden Salad 3.6g Baby Carrots 12g Fruit Slushie 22g
24 Taco Stick 32g w/salsa & sour cream 4g <b>OR</b> Uncrustable 64g Corn 14g Mixed Fruit 16g	25 Chicken Tenders 14g <b>OR</b> Yogurt Lunch 43g Dinner Roll 15g Broccoli 5g Flavored Applesauce Cup 15g	26 Cheeseburger 31.2g <b>OR</b> Uncrustable 64g Green Beans 12g Pineapple 15g	27 Pepperoni Stuffed Crust Pizza 36g <b>OR</b> Yogurt Lunch 43g Baby Carrots 12g Sliced Cukes 2g Pears 14g	28 
31 BBQ Rib Sandwich 45g <b>OR</b> Yogurt Lunch 43g Wango Mango Juice 13g Applesauce 23g			