





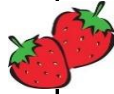


FEBRUARY 2020 - NC High / Discovery High - Breakfast / Lunch Menu

NEWTON-CONOVER CITY SCHOOLS

Students are offered 5 components which make a regular lunch. Students may decline up to two components, however one of their choices must be a vegetable or a fruit to be considered a regular lunch. **Students taking only 1 or 2 items, or taking 3 items without a vegetable or fruit will be charged a la carte prices.**

Available Daily at Breakfast - * Cereal * Poptart * Breakfast Loaf * Fruit * Juice * Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast Sausage Biscuit 28 Lunch Spaghetti w/garlic bread 60 Calzone 30 Steamed Broccoli 4 Tomato Juice 7 Banana 24 Mixed Fruit 19	4 Breakfast Fr Tst Sticks w/syrup 55 Lunch Glazed Ham & Chz Croissant 35 BBQ Rib Sandwich 43 Glazed Swt Potatoes 45 Baked Beans 41 Sliced Peaches 14 Pineapple Tidbits 19	5 Breakfast Breakfast Pizza 27 Lunch Hamburger 28 Cajun Ckn Pasta w/Garlic Brd 41 Seasoned Green Beans 6 Potato Wedges 18 Orange Wedges 12 Applesauce 15	6 Breakfast WG Breakfast Donut 41 Lunch Orange Chicken w/rice & roll 56 Cheese Sticks 41 Sweet Carrots 21 Steamed Green Peas 16 Peach Fruit Cup 19 Raisins 33	7 Nt'l Homemade Soup Day! Breakfast Flapstick IW w/syrup 34 Lunch Domino's Pizza 28 Ckn & Chz Quesadillas 32 Seasoned Corn 17 Broccoli Soup 85 Fruit Punch 14 Baked Apples 31
10 Breakfast Chicken Biscuit 35 Lunch Walkin' Tacos 34 Chicken Nuggets w/roll 46 Carrot Chips w/dip 8 Pinto Beans 24 Mixed Berry Fruit Cup 22 Sliced Peaches 14	11 Breakfast Cinnamon Roll 47 Lunch Pork Chop w/gvy & roll 48 Buffalo Ckn Pizza 25 Turnip Greens 3 Mashed Potatoes 13 Fruit Punch 14 Mixed Fruit 19	12 Breakfast SSG Breakfast Pizza 25 Lunch Breakfast for Lunch 29 Hot Dog 30 Gold Rush Veg Juice Box 10 Potato Triangle 14 Fresh Grapes 9 Baked Apples 31	13 Breakfast Dutch Waffle w/syrup 68 Lunch Pepperoni Pizza 30 Premium Spicy Ckn Sandwich 41 Glazed Swt Potatoes 45 Steamed Broccoli 4 Applesauce 15 Sliced Pears 18	 NO SCHOOL
Breakfast Prices 2019 - 2020 Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50		Lunch Prices 2019 - 2020 Grades 6 - 12 - \$2.75 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00 Milk Only - \$0.50		
			Cost of Meals for February 2020 - (18 days)	
			Breakfast Grades K to 12 - \$22.50 Reduced Rate - \$0.00	Lunch Grades 6 to 12 - \$49.50 Reduced Rate - \$7.20

<p>17</p> <p>OPTIONAL</p>  <p>NO SCHOOL</p>	<p>18</p> <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Premium Chicken Sandwich 40 Chicken Fajitas 34 Steamed Broccoli 4 Cuban Black Beans 31 Apple Crisp 60 Mixed Fruit 19</p> 	<p>19</p> <p>Breakfast Breakfast Pizza 27</p> <p>Lunch Turkey Tetrazinni w/roll 68 Corn Dog 30 Roasted Baby Carrots 7 Seasoned Green Beans 6 Fresh Apple 26 Fruit Punch 14</p>	<p>20</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Cheeseburger 29 Buffalo Chicken Wrap 36 Oven Fries 15 Baked Beans 41 Sliced Pears 18 Raisels 35</p>	<p>21</p> <p>Breakfast Flapstick IW w/syrup 34</p> <p>Lunch Domino's Pizza 28 Ckn Teriyaki w/rice & roll 109 Sweet Carrots 21 Potato Soup 45 Applesauce 15 Sliced Peaches 14</p>					
<p>24</p> <p>Breakfast Chicken Biscuit 35</p> <p>Lunch Spaghetti w/garlic bread 60 Calzone 30 Steamed Broccoli 4 Tomato Juice 7 Banana 24 Mixed Fruit 19</p>	<p>25</p> <p>Breakfast Cinnamon Roll 47</p> <p>Lunch Glazed Ham & Chz Croissant 35 BBQ Rib Sandwich 43 Glazed Swt Potatoes 45 Baked Beans 41 Sliced Peaches 14 Pineapple Tidbits 19</p>	<p>26</p> <p>Breakfast SSG Breakfast Pizza 25</p> <p>Lunch Hamburger 28 Cajun Ckn Pasta w/Garlic Brd 41 Seasoned Green Beans 6 Potato Wedges 18 Orange Wedges 12 Applesauce 15</p> 	<p>27</p> <p>Nt'l Strawberry Day! Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Orange Chicken w/rice & roll 56 Cheese Sticks 41 Sweet Carrots 21 Steamed Green Peas 16 Peach Fruit Cup 19 Raisins 33</p>	<p>28</p> <p>Nt'l Tartar Sauce Day! Breakfast Sausage & Chz Croissant 28</p> <p>Lunch Domino's Pizza 28 Ckn & Chz Quesadillas 32 Fish Fillet Sandwich 39 Seasoned Corn 17 Broccoli Soup 85 Fruit Punch 14 Baked Apples 31</p> 					
	<p>Friday - 2/7 National Homemade Soup Day!</p>	<p>Thursday - 2/27 National Strawberry Day!</p>	<p>Friday - 2/28 National Tartar Sauce Day!</p>						
<p>Menus, Nutrition, and Allergen Information can be found on our system website: www.newton-conover.org - Menus are subject to change. Notice is given when Possible</p>					<p>"USDA is an equal opportunity provider and employer"</p>				
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