




AUGUST 2019 - North Newton - Summer Food Service program - Breakfast / Lunch Menu

Newton-Conover City Schools

Newton-Conover School Nutrition Department will operate a Summer Food Service Program one site, located at North Newton Elementary. **Children age 18 and under, and those who have a mental or physical disability that are 19 and over who participate in a public or private non-profit school program** are eligible to participate.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<p>Breakfast Fr Tst Sticks - 3.18 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Sloppy Joe - 4 oz Deli Sandwich - 4.33 oz Cuban Black Beans - 1/2 c Fruit Cup - 1/2 c Milk - 8 fl oz</p>	<p>Breakfast Flapstick, IW - .285 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Pepperoni Pizza - 4.48 oz Deli Sandwich - 4.33 oz Glazed Carrots - 1/2 c Sliced Pears - 1/2 c Milk - 8 fl oz</p>
5	6	7	8	9
<p>Breakfast Sausage Biscuit - 3.5 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Chicken Nuggets - 3.45 oz Deli Sandwich - 4.33 oz Green Beans - 1/2 c Applesauce - 1/2 c Milk - 8 fl oz</p>	<p> Breakfast Fr Tst Sticks - 3.18 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Spaghetti - 8 oz Deli Sandwich - 4.33 oz Steamed Broccoli - 1/2 c Fruit Cup - 1/2 c Milk - 8 fl oz</p>	<p>Breakfast Breakfast Pizza - 3.31 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Ckn & Chz Quesadilla - 4.3 oz Deli Sandwich - 4.33 oz Pinto Beans - 1/2 c Sliced Peaches - 1/2 c Milk - 8 fl oz</p>	<p>Breakfast Blueberry Pancakes, IW - 3 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Hamburger - 4.8 oz Deli Sandwich - 4.33 oz Baked Beans - 1/2 c Fruit Cup - 1/2 c Milk - 8 fl oz</p>	<p>Breakfast Muffin, Assorted, IW - 3.1 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Pepperoni Pizza - 4.48 oz Deli Sandwich - 4.33 oz Glazed Carrots - 1/2 c Sliced Pears - 1/2 c Milk - 8 fl oz</p>