





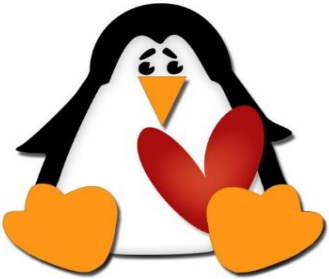
# FEBRUARY 2019 - NC High / Discovery High - Breakfast / Lunch Menu

## NEWTON-CONOVER CITY SCHOOLS

Students are offered 5 components which make a regular lunch. Students may decline up to two component, 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 -** \* Muffins \* Poptarts \* Assorted Cereal \* Toast w/Jelly \* Yogurt \* Juice \* Fruit \* Milk \*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>Dates to Remember</b>			<b>1 Nt'l Homemade Soup Day!</b> <b>Breakfast</b> Flapstick w/syrup 37  <b>Lunch</b> Domino's Pizza 29 Corn Dog 30 Potato Soup 44 Glazed Carrots 17 Baked Apples 28 Raisels 35	
	 <p style="text-align: center;"><b>Friday, Feb 1st</b> - National Homemade Soup Day!</p>	<p style="text-align: center;"><b>Friday, Feb 8th</b> - National Pizza Day!</p>	 <p style="text-align: center;"><b>Wednesday, Feb 13th</b> - 1/2 day of School - Early Dismissal</p>		
<p style="text-align: center;"><b>1/2 Day!</b></p> <p style="text-align: center;"><b>Thursday, Feb 14th</b> - Happy Valentine's Day! Valentine's Fruit Freeze served!</p> 	<p style="text-align: center;"><b>4</b></p> <p style="text-align: center;"><b>Breakfast</b></p> Chicken Biscuit 35  <p style="text-align: center;"><b>Lunch</b></p> Beef & Cheese Nachos 41 Buffalo Ckn Flatbread Pizza 36 Carrot Chips w/dip 13 Seasoned Corn 21 Banana 12 Mixed Fruit 19	<p style="text-align: center;"><b>5</b></p> <p style="text-align: center;"><b>Breakfast</b></p> Cinnamon Roll 53  <p style="text-align: center;"><b>Lunch</b></p> Hot Dog 30 Cajun Chicken Pasta w/roll 56 Potato Wedges 18 Baked Beans 39 Sliced Peaches 14 Frozen Fruit Cup 21	<p style="text-align: center;"><b>6</b></p> <p style="text-align: center;"><b>Breakfast</b></p> SSG Breakfast Pizza 24  <p style="text-align: center;"><b>Lunch</b></p> Turkey Tetrazzini w/roll 73 Chicken Fajitas 35 Roasted Baby Carrots 7 Seasoned Green Beans 6 Raisins 34 Applesauce 15	<p style="text-align: center;"><b>7</b></p> <p style="text-align: center;"><b>Breakfast</b></p> Fr. Tst Sticks w/syrup 52  <p style="text-align: center;"><b>Lunch</b></p> Southwest Beef Fiestada 43 Spicy Chicken Sandwich 43 Steamed Broccoli 5 Refried Beans 22 Apple Crisp 57 Fruit Punch 14	<p style="text-align: center;"><b>8</b></p> <p style="text-align: center;"><b>Nt'l Pizza Day!</b></p> <p style="text-align: center;"><b>Breakfast</b></p> Sausage & Chz Croissant 28  <p style="text-align: center;"><b>Lunch</b></p> Pepperoni Pizza 30 Grilled Cheese Sandwich 30 Glazed Carrots 17 Chicken Tortilla Soup 46 Sliced Pears 14 Apple Juice 14
<b>Breakfast Prices 2018-2019</b>	<b>Lunch Prices 2018-2019</b>			<b>Cost of Meals for February 2019 - (19 days)</b>	
Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50	Grades 6 to 12 - \$2.75 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00 Milk Only - \$0.50	<p style="text-align: center;"><b>Breakfast</b></p> Grades K to 12 - \$23.75 Reduced Rate - \$0.00		<p style="text-align: center;"><b>Lunch</b></p> Grades 6 to 12 - \$52.25 Reduced Rate - \$7.60	

<p><b>11</b></p> <p><b>Breakfast</b> Pork Biscuit 36</p> <p><b>Lunch</b> Spaghetti w/Brdstick 69 Premium Chicken Sandwich 40 Veggie Ranch Salad 8 Steamed Green Peas 22 Baked Apples 28 Mixed Fruit 19</p>	<p><b>12</b></p> <p><b>Breakfast</b> Cinnabar 45</p> <p><b>Lunch</b> Breakfast for Lunch 28 Ckn &amp; Chz Quesadilla 34 Potato Triangle 12 Gold Rush Juice Box 10 Fresh Grapes 9 Sliced Pears 14</p>	<p><b>13</b> 1/2 day - Early Dismissal</p> <p><b>Breakfast</b> Breakfast Pizza 26</p> <p><b>Lunch</b> Glazed Ham &amp; Chz Croissant 35 Manager's Choice Entrée Glazed Sweet Potatoes 45 Seasoned Corn 21 Sliced Peaches 14 Apple Juice 14</p> 	<p><b>14</b> Happy Valentine's Day!</p> <p><b>Breakfast</b> Fr. Tst Sticks w/syrup 52</p> <p><b>Lunch</b> Country Style Steak w/roll 22 Chicken Alfredo w/roll 56 Lima Beans 18 Mashed Potatoes 15 Mandarin Oranges 26 Valentine's Fruit Freeze 19</p>	<p><b>15</b></p> <p><b>Breakfast</b> Pancake &amp; Sausage Sandwich 23</p> <p><b>Lunch</b> Domino's Pizza 29 Teriyaki Ckn w/rice &amp; roll 49 Broccoli Soup 43 Glazed Carrots 17 Applesauce 15 Fruit Punch 14</p>
<p><b>18</b></p> <p><b>Breakfast</b> Sausage Biscuit 28</p> <p><b>Lunch</b> Lasagna w/breadstick 56 Premium Chicken Sandwich 40 Glazed Sweet Potatoes 45 Pinto Beans 15 Frozen Fruit Cup 21 Applesauce 15</p>	<p><b>19</b></p> <p><b>Breakfast</b> Fr. Tst Sticks w/syrup 52</p> <p><b>Lunch</b> Pork Chop &amp; Gvy w/roll 54 Steak &amp; Chz Flatbread 30 Turnip Greens 0 Mashed Potatoes 15 Sliced Peaches 14 Apple Juice 14</p> 	<p><b>20</b></p> <p><b>Breakfast</b> Breakfast Pizza 26</p> <p><b>Lunch</b> General Tso Ckn w/rice &amp; brdstx 56 Stuffed Cheesesticks 30 Glazed Carrots 17 Steamed Green Peas 22 Fresh Apple 26 Sliced Pears 14</p>	<p><b>21</b></p> <p><b>Breakfast</b> WG Breakfast Donut 41</p> <p><b>Lunch</b> Cheeseburger 31 Buffalo chicken Wrap 37 Baked Beans 39 Spiral Fries 17 Sweet Blueberries 22 Fruit Punch 14</p>	<p><b>22</b></p> <p><b>NO SCHOOL TEACHER WORKDAY</b></p> 
<p><b>25</b> Birthday Monday!</p> <p><b>Breakfast</b> Chicken Biscuit 35</p> <p><b>Lunch</b> Beef &amp; Cheese Nachos Buffalo Ckn Flatbread Pizza 36 Carrot Chips w/dip 13 Seasoned Corn 21 Banana 12 Mixed Fruit 19</p> 	<p><b>26</b></p> <p><b>Breakfast</b> Cinnamon Roll 53</p> <p><b>Lunch</b> Hot Dog 30 Cajun Chicken Pasta w/roll 56 Potato Wedges 18 Baked Beans 39 Sliced Peaches 14 Frozen Fruit Cup 21</p>	<p><b>27</b></p> <p><b>Breakfast</b> SSG Breakfast Pizza 24</p> <p><b>Lunch</b> Turkey Tetrizzini w/roll 73 Chicken Fajitas 35 Roasted Baby Carrots 7 Seasoned Green Beans 6 Raisins 34 Applesauce 15</p>	<p><b>28</b></p> <p><b>Breakfast</b> Fr. Tst Sticks w/syrup 52</p> <p><b>Lunch</b> Southwest Beef Fiestada 43 Spicy Chicken Sandwich 43 Steamed Broccoli 5 Refried Beans 22 Apple Crisp 57 Fruit Punch 14</p>	

Menus, Nutrition, and Allergen Information can be found on our system website: [www.newton-conover.org](http://www.newton-conover.org) - Menus are subject to change - Notice is given when possible

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