





OCTOBER 2019 - Conover School - 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 * Yogurt w/Cinnamon Grahams * Fruit * Juice * Milk *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
	1 Breakfast Fr Tst Sticks w/syrup 55 Lunch Chicken Fillet Sandwich 41 Beanie Weinies w/roll 45 Steamed Broccoli 4 Mashed Potatoes 13 Apple Crisp 60 Mixed Fruit 19	2 Breakfast Breakfast Pizza 27 Lunch Turkey Tetrazinni w/roll 50 Deli Ham & Chz Sandwich 30 Sweet Carrots 21 Seasoned Green Beans 6 Fruit Punch 14 Applesauce 15	3 Breakfast WG Breakfast Donut 41 Lunch Hamburger 28 Mac & Chz w/roll 44 Oven Fries 15 Seasoned Green Peas 16 Sliced Pears 18 Mandarin Oranges 26	4 Breakfast Flapstick IW w/syrup 34 Lunch Domino's Pizza 28 Tst Turkey & Chz Sandwich 35 Sweet Carrots 21 Vegetable Medley 4 Applesauce 15 Sliced Peaches 14			
	7 Breakfast Chicken Biscuit 35 Lunch Spaghetti w/garlic bread 60 Deli Turkey & Chz Sandwich 28 Steamed Broccoli 4 Seasoned Corn 17 Mixed Berry Fruit Cup 22 Mixed Fruit 19	8 Breakfast Cinnamon Roll 47 Lunch Breakfast for Lunch 15 Grilled Cheese Sandwich 36 Gold Rush Veg Juice Box 10 Potato Tots 16 Fruit Punch 14 Sliced Peaches 14	9 Breakfast SSG Breakfast Pizza 25 Lunch Chicken Casserole w/roll 36 Pizza Sticks 41 Sweet Carrots 21 Seasoned Green Beans 6 Applesauce 15 Raisins 33	10 Breakfast Dutch Waffle w/syrup 68 Lunch Chicken Nuggets w/roll 28 Deli Ham & Chz Sandwich 30 Baked Beans 41 Oven Fries 15 Pineapple Tidbits 19 Sliced Pears 18	11 Breakfast Breakfast Loaf 45 Lunch Pepperoni Pizza 30 Pulled Pork Sandwich 37 Glazed Swt Potatoes 45 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31		
Breakfast Prices 2019 - 2020 Universal Breakfast - \$0.00 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50		Lunch Prices 2019 - 2020 Grades K - 5 - \$2.50 Grades 6 - 12 - \$2.75 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00			Cost of Meals for October 2019 - (22 days) Breakfast Universal Breakfast - \$0.00 Reduced Rate - \$0.00		Lunch Grades K to 5 - \$55.00 Grades 6 - 12 - \$60.50 Reduced Rate - \$8.80

<p>14</p> <p>Breakfast Sausage Biscuit 28</p> <p>Lunch Chicken & Waffle 62 Hot Dog 30 Baked Beans 41 Glazed Swt Potatoes 45 Mixed Berry Fruit Cup 22 Sliced Pears 18</p>	<p>15</p> <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Chicken Fillet Sandwich 41 Beanie Weinies w/roll 45 Steamed Broccoli 4 Mashed Potatoes 13 Apple Crisp 60 Mixed Fruit 19</p>	<p>16</p> <p>Breakfast Breakfast Pizza 27</p> <p>Lunch Turkey Tetrazinni w/roll 50 Deli Ham & Chz Sandwich 30 Sweet Carrots 21 Seasoned Green Beans 6 Fruit Punch 14 Applesauce 15</p>	<p>17</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Hamburger 28 Mac & Chz w/roll 44 Oven Fries 15 Seasoned Green Peas 16 Sliced Pears 18 Mandarin Oranges 26</p>	<p>18</p> <p>Breakfast Flapstick IW w/syrup 34</p> <p>Lunch Domino's Pizza 28 Tst Turkey & Chz Sandwich 35 Sweet Carrots 21 Vegetable Medley 4 Applesauce 15 Sliced Peaches 14</p>
<p>21</p>  <p>OPTIONAL TEACHER WORKDAY</p>	<p>22</p> <p>Breakfast Cinnamon Roll 47</p> <p>Lunch Breakfast for Lunch 15 Grilled Cheese Sandwich 36 Gold Rush Veg Juice Box 10 Potato Tots 16 Fruit Punch 14 Sliced Peaches 14</p>	<p>23</p> <p>Breakfast SSG Breakfast Pizza 25</p> <p>Lunch Chicken Casserole w/roll 36 Pizza Sticks 41 Sweet Carrots 21 Seasoned Green Beans 6 Applesauce 15 Raisins 33</p>	<p>24</p> <p>Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Chicken Nuggets w/roll 28 Deli Ham & Chz Sandwich 30 Baked Beans 41 Oven Fries 15 Pineapple Tidbits 19 Sliced Pears 18</p>	<p>25</p> <p>Breakfast Breakfast Loaf 45</p> <p>Lunch Pepperoni Pizza 30 Pulled Pork Sandwich 37 Glazed Swt Potatoes 45 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31</p>
<p>28</p> <p>Breakfast Sausage Biscuit 28</p> <p>Lunch Chicken & Waffle 62 Hot Dog 30 Baked Beans 41 Glazed Swt Potatoes 45 Mixed Berry Fruit Cup 22 Sliced Pears 18</p>	<p>29</p> <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Chicken Fillet Sandwich 41 Beanie Weinies w/roll 45 Steamed Broccoli 4 Mashed Potatoes 13 Apple Crisp 60 Mixed Fruit 19</p>	<p>30</p> <p>Breakfast Breakfast Pizza 27</p> <p>Lunch Turkey Tetrazinni w/roll 50 Deli Ham & Chz Sandwich 30 Sweet Carrots 21 Seasoned Green Beans 6 Fruit Punch 14 Applesauce 15</p>	<p>31</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Hamburger 28 Mac & Chz w/roll 44 Oven Fries 15 Seasoned Green Peas 16 Sliced Pears 18 Mandarin Oranges 26</p>	 <p>October 7th is the last day for previous year meal status. Students who have not turned in a new meal application for the 2019-2020 school year by this date will be moved to a full pay meal status until an application has been received and processed.</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

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