



JANUARY 2019 - Shuford / North / South - 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 - × Assorted Cereal × Toast w/Jelly × Cinnamon Grahams × Yogurt × Juice × Fruit × Milk ×

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Dates to Remember</p> <p><u>Mon. 1/7/19</u> - Nt'l Bean Day!</p> <p><u>Fri. 1/11/19</u> - Nt'l Milk Day!</p> <p><u>Mon. 1/28/19</u> - Birthday Monday!</p> <p><u>Wed 1/30/19</u> - Nt'l croissant Day!</p>	<p>1</p> <p>HOLIDAY</p> <p>NO SCHOOL</p> <p>HAPPY NEW YEAR</p>	<p>2</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Orange Chicken w/ rice 36 Stuffed Cheesesticks 30 Glazed Carrots 17 Seasoned Green Beans 6 Applesauce 15 Sliced Pears 14</p>	<p>3</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Hamburger 29 Grilled Cheese Sandwich 30 Baked Beans 39 Spiral Fries 17 Mixed Fruit 15 Fruit Punch 14</p>	<p>4</p> <p>Breakfast Flapstick w/syrup 37</p> <p>Lunch Domino's Pizza 29 Chicken Fajitas 26 Potato Soup 44 Vegetable Medley 4 Baked Apples 28 Raisels 34</p>
<p>7</p> <p>Nt'l Bean Day! Breakfast Chicken Biscuit 36</p> <p>Lunch Hot Dog 30 Cr. Ckn Salad w/brdstx 38 Potato Wedges 18 Baked Beans 39 Sliced Peaches 14 Banana 12</p>	<p>8</p> <p>Breakfast Cinnamon Roll 53</p> <p>Lunch Beef & Cheese Nachos 21 Chicken Casserole w/roll 15 Vegetable Medley 4 Seasoned Corn 21 Pineapple Tidbits 21 Mixed Fruit 15</p>	<p>9</p> <p>Breakfast SSG Breakfast Pizza 24</p> <p>Lunch Turkey Tetrizzini w/roll 58 Corn Dog 30 Roasted Baby Carrots 7 Seasoned Green Beans 6 Raisins 34 Applesauce 15</p>	<p>10</p> <p>Breakfast Breakfast Muffin IW 41</p> <p>Lunch Southwest Beef Fiestada 43 Ham & Chz Quesadilla 27 Steamed Broccoli 5 Refried Beans 22 Apple Crisp 57 Fruit Punch 14</p>	<p>11</p> <p>Nt'l Milk Day! Breakfast Sausage & Chz Croissant 16</p> <p>Lunch Pepperoni Pizza 30 Teriyaki Ckn w/rice & roll 49 Glazed Carrots 17 Chicken Tortilla Soup 46 Sliced Pears 14 Apple Juice 14</p>
<p>Breakfast Prices 2018-2019</p> <p>Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50</p>	<p>Lunch Prices 2018-2019</p> <p>Grades K to 5 - \$2.50 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00 Milk Only - \$0.50</p>		<p>Cost of Meals for January 2019 - (18 days)</p> <p>Breakfast Grades K to 12 - \$22.50 Reduced Rate - \$0.00</p> <p>Lunch Grades K to 5 - \$45.00 Reduced Rate - \$7.60</p>	

<p>14</p> <p>Breakfast Pork Biscuit 36</p> <p>Lunch Spaghetti w/Brdstick 69 Deli Turkey & Chz Sandwich 30 Veggie Ranch Salad 2 Steamed Green Peas 22 Baked Apples 28 Mixed Fruit 19</p>	<p>15</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Chicken Fillet Sandwich 43 Macaroni & Cheese 65 Glazed Sweet Potatoes 45 Baked Beans 39 Sliced Peaches 14 Apple Juice 14</p>	<p>16</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Breakfast for Lunch 15 Ckn & Chz Quesadilla 23 Potato Tots 16 Gold Rush Veg Juice Box 10 Fresh Grapes 9 Sliced Pears 14</p>	<p>17</p> <p>Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Country Style Steak w/roll 19 Chicken Alfredo w/roll 41 Lima Beans 18 Mashed Potatoes 15 Mandarin Oranges 26 Frozen Fruit Cup 21</p>	<p>18</p> <p>Breakfast Pancake & Saus Sandwich IW 23</p> <p>Lunch Domino's Pizza 29 Beanie Weinies w/roll 48 Broccoli Soup 93 Glazed Carrots 17 Applesauce 15 Fruit Punch 14</p>
<p>21</p> <p>HOLIDAY NO SCHOOL</p> 	<p>22</p> <p>REQUIRED WORKDAY NO SCHOOL</p>	<p>23</p> <p>Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Spaghetti w/Brdstick 69 Deli Turkey & Chz Sandwich 30 Veggie Ranch Salad 2 Steamed Green Peas 22 Baked Apples 28 Mixed Fruit 19</p>	<p>24</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Breakfast for Lunch 15 Ckn & Chz Quesadilla 23 Potato Tots 16 Gold Rush Veg Juice Box 10 Applesauce 15 Sliced Pears 14</p>	<p>25</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Pepperoni Pizza 30 Chicken Fajitas 26 Seasoned Corn 21 Glazed Sweet Potatoes 45 Apple Juice 14 Mixed Fruit 19</p>
<p>28</p> <p>Birthday Monday! Breakfast Sausage Biscuit 28</p> <p>Lunch Lasagna w/breadstick 56 Stuffed Cheesesticks 30 Carrot Chips w/dip 9 Pinto Beans 15 Frozen Fruit Cup 21 Applesauce 15</p>	<p>29</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Pork Chop & Gvy w/roll 39 Chicken & Dumplings w/roll Turnip Greens 0 Mashed Potatoes 15 Sliced Peaches 14 Apple Juice 14</p>	<p>30</p> <p>Nt'l Croissant Day! Breakfast Breakfast Pizza 26</p> <p>Lunch Orange Chicken w/ rice 36 Hot Ham & Chz Croissant 30 Glazed Carrots 17 Seasoned Green Beans 6 Orange Wedges 12 Sliced Pears 14</p>	<p>31</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Hamburger 29 Grilled Cheese Sandwich 30 Baked Beans 39 Spiral Fries 17 Mixed Fruit 15 Fruit Punch 14</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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