



# March 2020 - NC High 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 \* Poptarts \* Breakfast Loaf \* Fruit \* Juice \* Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Breakfast</b> Sausage Biscuit 28  <b>Lunch</b> Walkin' Taco 34 Chicken Nuggets w/roll 46 Carrot chips w/dip 8 Pinto Beans 24 USDA Fruit Cup 19/22 Sliced Peaches 14	<b>3</b> <b>Breakfast</b> Fr Tst Sticks w/syrup 55  <b>Lunch</b> Pork Chop w/gvy & roll 48 Buffalo Ckn Pizza 25 Turnip Greens 3 Mashed Potatoes 13 Fruit Punch 14 Mixed Fruit 19	<b>4</b> <b>Breakfast</b> Breakfast Pizza 27  <b>Lunch</b> Breakfast for Lunch 15 Hot Dog 30 Gold Rush Veg Juice Box 10 Potato Triangle 14 Sweet Blueberries 22 Baked Apples 31	<b>5</b> <b>Breakfast</b> WG Breakfast Donut 41  <b>Lunch</b> Premium Spicy Ckn Sandwich 41 Cntry Style Stk w/gvy & roll 19 Glazed Swt Potatoes 45 Seasoned Green Beans 6 Mandarin Oranges 26 Sliced Pears 18	<b>6</b> <b>Breakfast</b> Flapstick IW w/syrup 34  <b>Lunch</b> Dominos Pizza 28 Pulled Pork Sandwich 37 Fish Sandwich 39 Sweet Carrots 21 Steamed Broccoli 4 Applesauce 15 Orange Juice 14
<b>9</b> <b>Breakfast</b> Chicken Biscuit 35  <b>Lunch</b> Chicken & Waffles 62 Steak & Chz Flatbread 29 Glazed Sweet Potatoes 45 Vegetable Medley 4 USDA Fruit Cup 19/22 Pears 18	<b>10</b> <b>Breakfast</b> Cinnamon Roll 47  <b>Lunch</b> Premium Chicken Sandwich 41 Grilled Chz Sandwich 36 Steamed Broccoli 4 Cuban Black Beans 31 Apple Crisp 60 Mixed Fruit 19	<b>11</b> <b>Breakfast</b> SSG Breakfast Pizza 25  <b>Lunch</b> Turkey Tetrazinni w/roll 68 Corn Dog 30 Roasted Baby Carrots 7 Seasoned Green Beans 6 Fresh Apple 26 Fruit Punch 14	<b>12</b> <b>Breakfast</b> Dutch Waffle w/syrup 68  <b>Lunch</b> Cheeseburger 29 Buffalo Chicken Wrap 36 Oven Fries 15 Baked Beans 41 Sliced Pears 18 Raisels 35	<b>13</b> 
<b>Breakfast Prices 2019 - 2020</b>	<b>Lunch Prices 2019 - 2020</b>		<b>Cost of Meals for March 2020 - (20 days)</b>	
Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50	Grades 6-12- \$2.75 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00 Milk Only - \$0.50		<b>Breakfast</b> Grades K to 12 - \$25.00 Reduced Rate - \$0.00	<b>Lunch</b> Grades K to 5 - \$55.00 Reduced Rate - \$8.00

<p>16</p> 	<p>17</p>  <p><b>Breakfast</b> Fr Tst Sticks w/syrup 55</p> <p><b>Lunch</b> Spaghetti w/garlic bread 60 Chicken Fajitas 34 Steamed Broccoli 4 Tomato Juice 7 Banana 24 Mixed Fruit 19</p>	<p>18</p> <p><b>Breakfast</b> Breakfast Pizza 27</p> <p><b>Lunch</b> Hamburger 28 Cajun Ckn Pasta w/Garlic Brd 41 Seasoned Green Beans 6 Potato Wedges 18 Orange Wedges 12 Applesauce 15</p>	<p>19</p> <p><b>Breakfast</b> WG Breakfast Donut 41</p> <p><b>Lunch</b> Orange Chicken w/rice 47 Cheese Sticks 41 Sweet Carrots 21 Steamed Green Peas 16 USDA Fruit Cup 19/22 Raisins 33</p>	<p>20</p> <p><b>Breakfast</b> Flapstick IW w/syrup 34</p> <p><b>Lunch</b> Dominos Pizza 28 Ckn &amp; Chz Quesadilla 24 Fish Sandwich 39 Glazed Swt Potatoes 45 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31</p>
<p>23</p> <p><b>Breakfast</b> Chicken Biscuit 35</p> <p><b>Lunch</b> Walkin' Taco 34 Chicken Nuggets w/roll 46 Carrot chips w/dip 8 Pinto Beans 24 USDA Fruit Cup 19/22 Sliced Peaches 14</p>	<p>24</p> <p><b>Breakfast</b> Cinnamon Roll 47</p> <p><b>Lunch</b> Pork Chop w/gvy &amp; roll 30 Buffalo Ckn Flatbread Pizza 30 Turnip Greens 3 Mashed Potatoes 13 Fruit Punch 14 Mixed Fruit 19</p>	<p>25</p> <p><b>Breakfast</b> SSG Breakfast Pizza 25</p> <p><b>Lunch</b> Breakfast for Lunch 15 Hot Dog 30 Gold Rush Veg Juice Box 10 Potato Triangle 14 Sweet Blueberries 22 Baked Apples 31</p>	<p>26</p> <p><b>Breakfast</b> Dutch Waffle w/syrup 68</p> <p><b>Lunch</b> Premium Spicy Ckn Sandwich 41 Cntry Style Stk w/ gvy &amp; roll 19 Glazed Swt Potatoes 45 Seasoned Green Beans 6 Mandarin Oranges 26 Sliced Pears 18</p>	<p>27</p> <p><b>Breakfast</b> Sauage &amp; Chz Croissant 76</p> <p><b>Lunch</b> Pepperoni Pizza 30 Pulled Pork Sandwich 37 Fish Sandwich 39 Sweet Carrots 21 Pinto Beans 24 Applesauce 15 Orange Juice 14</p>
<p>30</p> <p><b>Breakfast</b> Sausage Biscuit 28</p> <p><b>Lunch</b> Beef &amp; Chz Nachos 20 Steak &amp; Chz Flatbread 29 Glazed Sweet Potatoes 45 Vegetable Medley 4 USDA Fruit Cup 19/22 Pears 18</p>	<p>31</p> <p><b>Breakfast</b> Fr Tst Sticks w/syrup 55</p> <p><b>Lunch</b> Premium Chicken Sandwich 41 Grilled Chz Sandwich 36 Steamed Broccoli 4 Cuban Black Beans 31 Apple Crisp 60 Mixed Fruit 19</p>		 <p>Dates to Remember</p> <p>3/13 &amp; 3/16 Workdays 3/17 Saint Patrick's Day 3/30 Birthday Monday</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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