
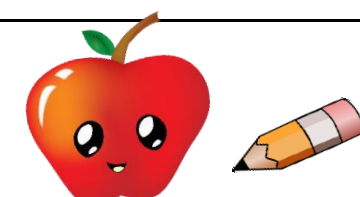




# SEPTEMBER 2019 - NC High / Discovery High - Breakfast / Lunch Menu

## NEWTON-CONOVER CITY SCHOOLS

Students are offered 5 components which make a regular lunch. Students may decline up to two 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
<p>2</p> <p><b>NO SCHOOL HOLIDAY</b></p>  <p>Enjoy the day off Happy Labor Day</p>	<p>3</p> <p><b>Breakfast</b> Fr Tst Sticks w/syrup 55</p> <p><b>Lunch</b> Premium Chicken Sandwich 40 Chicken Fajitas 34 Steamed Broccoli 4 Cuban Black Beans 31 Apple Crisp 60 Mixed Fruit 19</p>	<p>4</p> <p><b>Breakfast</b> Breakfast Pizza 27</p> <p><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</p>	<p>5</p> <p><b>Breakfast</b> WG Breakfast Donut 41</p> <p><b>Lunch</b> Cheeseburger 29 Buffalo Chicken Wrap 36 Oven Fries 15 Baked Beans 41 Sliced Pears 18 Raisels 35</p>	<p>6</p> <p><b>Breakfast</b> Flapstick IW w/syrup 34</p> <p><b>Lunch</b> Domino's Pizza 28 Ckn Teriyaki w/rice &amp; roll 91 Sweet Carrots 21 Seasoned Corn 17 Applesauce 15 Sliced Peaches 14</p>
<p>9</p> <p><b>Breakfast</b> Chicken Biscuit 35</p> <p><b>Lunch</b> Spaghetti w/garlic bread 60 Calzone 30 Tomato Juice 7 Seasoned Green Peas 16 Banana 24 Mixed Fruit 19</p>	<p>10</p> <p><b>Breakfast</b> Cinnamon Roll 47</p> <p><b>Lunch</b> Glazed Ham &amp; Chz Croissant 35 Cr. Ckn Salad w/garlic bread 31 Glazed Swt Potatoes 45 Seasoned Green Beans 6 Sliced Peaches 14 Pineapple Tidbits 19</p>	<p>11</p> <p><b>Breakfast</b> SSG Breakfast Pizza 25</p> <p><b>Lunch</b> Hamburger 28 Buffalo Chicken Pizza 25 Baked Beans 41 Potato Wedges 18 Orange Wedges 12 Applesauce 15</p>	<p>12</p> <p><b>Breakfast</b> Dutch Waffle w/syrup 68</p> <p><b>Lunch</b> Orange Ckn w/rice &amp; roll 56 Cheese Sticks 41 Sweet Carrots 21 Seasoned Green Peas 16 Mixed Berry Fruit Cup 22 Raisins 33</p>	<p>13</p> <p><b>Breakfast</b> Sausage &amp; Chz Croissant 28</p> <p><b>Lunch</b> Pepperoni Pizza 30 Ckn &amp; Chz Quesadilla 32 Seasoned Corn 17 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31</p>
<p><b>Breakfast Prices 2019 - 2020</b> DHS - \$1.25 NCHS - \$0.00 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50</p>		<p><b>Lunch Prices 2019 - 2020</b> Grades 9 - 12 - \$2.75 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00 Milk Only - \$0.50</p>		
<p><b>Cost of Meals for September 2019 - (20 days)</b></p>				
<p><b>Breakfast</b> Grades 9 to 12 - \$25.00 Reduced Rate - \$0.00</p>			<p><b>Lunch</b> Grades 9 to 12 - \$55.00 Reduced Rate - \$8.00</p>	

<p><b>16</b></p> <p><b>Breakfast</b> Sausage Biscuit 28</p> <p><b>Lunch</b> Walkin' Taco 34 Chicken Nuggets w/roll 46 Carrot Chips w/dip 8 Pinto Beans 24 Mixed Berry Fruit Cup 22 Sliced Peaches 14</p>	<p><b>17</b></p> <p><b>Breakfast</b> Fr Tst Sticks w/syrup 55</p> <p><b>Lunch</b> Pork Chop w/gvy &amp; roll 48 Ckn Alfredo w/garlic Bread 41 Turnip Greens 3 Mashed Potatoes 13 Fruit Punch 14 Mixed Fruit 19</p>	<p><b>18</b></p> <p><b>Breakfast</b> Breakfast Pizza 27</p> <p><b>Lunch</b> Breakfast for Lunch 29 Hot Dog 30 Gold Rush Veg Juice Box 10 Potato Triangle 14 Fresh Grapes 9 Baked Apples 31</p>	<p><b>19</b></p> <p><b>Breakfast</b> WG Breakfast Donut 41</p> <p><b>Lunch</b> Country Style Stk w/gvy &amp; roll 37 Premium Spicy Ckn Sandwich 41 Glazed Swt Potatoes 45 Lima Beans 18 Mandarin Oranges 26 Sliced Pears 18</p>	<p><b>20</b></p> <p><b>Breakfast</b> Flapstick IW w/syrup 34</p> <p><b>Lunch</b> Domino's Pizza 28 Pulled Pork Sandwich 37 Sweet Carrots 21 Vegetable Medley 4 Applesauce 15 Orange Juice 14</p>	
<p><b>23</b></p> <p><b>Breakfast</b> Chicken Biscuit 35</p> <p><b>Lunch</b> Steak &amp; chz Flatbread 29 Chicken &amp; Waffle 62 Glazed Swt Potatoes 45 Vegetable Medley 4 Mixed Berry Fruit Cup 22 Sliced Pears 18</p>	<p><b>24</b></p> <p><b>Breakfast</b> Cinnamon Roll 47</p> <p><b>Lunch</b> Premium Chicken Sandwich 40 Chicken Fajitas 34 Steamed Broccoli 4 Cuban Black Beans 31 Apple Crisp 60 Mixed Fruit 19</p>	<p><b>25</b></p> <p><b>Breakfast</b> SSG Breakfast Pizza 25</p> <p><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</p>	<p><b>26</b></p> <p><b>Breakfast</b> Dutch Waffle w/syrup 68</p> <p><b>Lunch</b> Cheeseburger 29 Buffalo Chicken Wrap 36 Oven Fries 15 Baked Beans 41 Sliced Pears 18 Raisels 35</p> 	<p><b>27</b></p> <p><b>Nt'l Pep Pizza Day!</b> <b>Breakfast</b> Sausage &amp; Chz Croissant 28</p> <p><b>Lunch</b> Domino's Pizza 28 Ckn Teriyaki w/rice &amp; roll 91 Sweet Carrots 21 Seasoned Corn 17 Applesauce 15 Sliced Peaches 14</p>	
<p><b>30</b></p> <p><b>Breakfast</b> Sausage Biscuit 28</p> <p><b>Lunch</b> Spaghetti w/garlic bread 60 Calzone 30 Tomato Juice 7 Seasoned Green Peas 16 Banana 24 Mixed Fruit 19</p>	<p><b>Days to Remember</b></p> <p><b>Granparent's Day</b> - Sunday September 8th -</p>  <p><b>National Pepperoni Pizza Day!</b> - Friday, September 27th</p>			<p><b>REMINDER TO PARENTS</b></p> <p><i>A reminder to parents about Free/Reduced Meal Applications</i></p> <p>Meal Applications should be completed and returned as soon as possible. Meal status from the previous year only carries over for the first 30 days. If an application is not received within the 30 day period, your child will be placed to full pay status.</p>	
<p>Menus, Nutrition, and Allergen Information can be found on our system website: <a href="http://www.newton-conover.org">www.newton-conover.org</a> - Menus are subject to change. Notice is given when Possible</p>					<p>"USDA is an equal opportunity provider and employer"</p>