










MAY 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
Dates to Remember!		1	2	3
<div style="text-align: center;">  <p>Friday, May 3rd - School Lunch Hero Day!</p> </div> <div style="text-align: center; margin-top: 20px;"> <p>Tuesday, May 28th - National Hamburger Day!</p>  </div>		<p style="text-align: center;">Breakfast</p> <p style="text-align: center;">Breakfast Pizza 26</p> <p style="text-align: center;">Lunch</p> <p style="text-align: center;">Orange Chicken w/rice & brdstx 56</p> <p style="text-align: center;">Stuffed Cheesesticks 30</p> <p style="text-align: center;">Glazed Carrots 17</p> <p style="text-align: center;">Steamed Green Peas 22</p> <p style="text-align: center;">Fresh Strawberries 7</p> <p style="text-align: center;">Sliced Pears 14</p> 	<p style="text-align: center;">Breakfast</p> <p style="text-align: center;">WG Breakfast Donut 41</p> <p style="text-align: center;">Lunch</p> <p style="text-align: center;">Cheeseburger 31</p> <p style="text-align: center;">Buffalo Chicken Wrap 32</p> <p style="text-align: center;">Baked Beans 39</p> <p style="text-align: center;">Spiral Fries 17</p> <p style="text-align: center;">Applesauce 15</p> <p style="text-align: center;">Fruit Punch 14</p>	<p style="text-align: center;">School Lunch Hero Day!</p> <p style="text-align: center;">Breakfast</p> <p style="text-align: center;">Flapstick w/syrup 37</p> <p style="text-align: center;">Lunch</p> <p style="text-align: center;">Domino's Pizza 29</p> <p style="text-align: center;">Corn Dog 30</p> <p style="text-align: center;">Scalloped Potatoes 19</p> <p style="text-align: center;">Vegetable Medley 4</p> <p style="text-align: center;">Baked Apples 28</p> <p style="text-align: center;">Raisels 35</p> 
6	7	8	9	10
<p style="text-align: center;">Breakfast</p> <p style="text-align: center;">Chicken Biscuit 35</p> <p style="text-align: center;">Lunch</p> <p style="text-align: center;">Hotdog 30</p> <p style="text-align: center;">Buffalo Ckn Flatbread Pizza 36</p> <p style="text-align: center;">Carrot Chips w/dip 13</p> <p style="text-align: center;">Potato Wedges 18</p> <p style="text-align: center;">Sliced Peaches 14</p> <p style="text-align: center;">Banana 24</p>	<p style="text-align: center;">Breakfast</p> <p style="text-align: center;">Cinnamon Roll 53</p> <p style="text-align: center;">Lunch</p> <p style="text-align: center;">Soft Taco 25</p> <p style="text-align: center;">Cajun Chicken Pasta w/roll 56</p> <p style="text-align: center;">Baked Beans 39</p> <p style="text-align: center;">Seasoned Corn 21</p> <p style="text-align: center;">Mixed Fruit 19</p> <p style="text-align: center;">Frozen Fruit Cup 21</p>	<p style="text-align: center;">Breakfast</p> <p style="text-align: center;">SSG Breakfast Pizza 24</p> <p style="text-align: center;">Lunch</p> <p style="text-align: center;">Turkey Tetrazzini w/roll 73</p> <p style="text-align: center;">Chicken Fajitas 35</p> <p style="text-align: center;">Roasted Baby Carrots 7</p> <p style="text-align: center;">Seasoned Green Beans 6</p> <p style="text-align: center;">Raisins 34</p> <p style="text-align: center;">Fresh Strawberries 7</p> 	<p style="text-align: center;">Breakfast</p> <p style="text-align: center;">Fr. Tst Sticks w/syrup 52</p> <p style="text-align: center;">Lunch</p> <p style="text-align: center;">Teriyaki Ckn w/rice & roll 49</p> <p style="text-align: center;">Premium Spicy Ckn Sandwich 43</p> <p style="text-align: center;">Steamed Broccoli 5</p> <p style="text-align: center;">Refried Beans 22</p> <p style="text-align: center;">Applesauce 15</p> <p style="text-align: center;">Fruit Punch 14</p>	<p style="text-align: center;">Breakfast</p> <p style="text-align: center;">Sausage/Chz Croissant 28</p> <p style="text-align: center;">Lunch</p> <p style="text-align: center;">Pepperoni Pizza 30</p> <p style="text-align: center;">Tst Turkey & Chz Sandwich 30</p> <p style="text-align: center;">Glazed Carrots 17</p> <p style="text-align: center;">Vegetable Medley 4</p> <p style="text-align: center;">Sliced Pears 14</p> <p style="text-align: center;">Apple Juice 14</p>
Breakfast Prices 2018-2019	Lunch Prices 2018-2019			Cost of Meals for May 2019 - (22 days)
<p style="text-align: center;">Grades K to 12 - \$1.25</p> <p style="text-align: center;">Reduced Rate - \$0.00</p> <p style="text-align: center;">Entrée Only - \$1.00</p> <p style="text-align: center;">Milk Only - \$0.50</p>	<p style="text-align: center;">Grades 6 to 12 - \$2.75</p> <p style="text-align: center;">Reduced Rate - \$0.40</p> <p style="text-align: center;">Entrée Only - \$1.75 to \$2.00</p> <p style="text-align: center;">Milk Only - \$0.50</p>	<p style="text-align: center;">Breakfast</p> <p style="text-align: center;">Grades K to 12 - \$27.50</p> <p style="text-align: center;">Reduced Rate - \$0.00</p>		<p style="text-align: center;">Lunch</p> <p style="text-align: center;">Grades 6 to 12 - \$60.50</p> <p style="text-align: center;">Reduced Rate - \$8.80</p>

<p>13</p> <p>Breakfast Pork Biscuit 36</p> <p>Lunch Spaghetti w/Brdstick 69 Premium Chicken Sandwich 40 Veggie Ranch Salad 3 Steamed Green Peas 22 Frozen Fruit Cup 21 Mixed Fruit 19</p>	<p>14</p> <p>Breakfast Cinnabar 45</p> <p>Lunch Chicken Nuggets w/roll 44 Glazed Ham & Chz Croissant 35 Glazed Sweet Potatoes 45 Baked Beans 39 Sliced Peaches 14 Apple Juice 14</p>	<p>15</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Breakfast for Lunch 28 Ckn & Chz Quesadilla 34 Potato Triangle 12 Gold Rush Juice Box 10 <i>Fresh Strawberries</i> 7 Sliced Pears 14</p> 	<p>16</p> <p>Breakfast Dutch Waffle 51</p> <p>Lunch Country Style Steak w/roll 22 Chicken Alfredo w/roll 56 Lima Beans 18 Mashed Potatoes 15 Fresh Grapes 9 Frozen Fruit Cup 21</p>	<p>17</p> <p>Breakfast Flapstick w/syrup 37</p> <p>Lunch Domino's Pizza 29 Grilled Cheese Sandwich 30 Steamed Broccoli 5 Glazed Carrots 17 Applesauce 15 Fruit Punch 14</p>
<p>20</p> <p>Breakfast Sausage Biscuit 28</p> <p>Lunch Baked Ziti w/brdstx 75 Premium Chicken Sandwich 40 Glazed Sweet Potatoes 45 Pinto Beans 15 Frozen Fruit Cup 21 Applesauce 15</p>	<p>21</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Pork Chop & Gvy w/roll 39 Steak & Cheese Flatbread 30 Turnip Greens 0 Mashed Potatoes 15 Sliced Peaches 14 Apple Juice 14</p>	<p>22</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Orange Chicken w/rice & brdstx 56 Stuffed Cheesesticks 30 Glazed Carrots 17 Steamed Green Peas 22 <i>Fresh Strawberries</i> 7 Sliced Pears 14</p> 	<p>23</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Cheeseburger 31 Buffalo Chicken Wrap 32 Baked Beans 39 Spiral Fries 17 Fresh Apple 26 Fruit Punch 14</p>	<p>24</p> <p>Breakfast Flapstick w/syrup 37</p> <p>Lunch Pepperoni Pizza 30 Corn Dog 30 Scalloped Potatoes 19 Vegetable Medley 4 Baked Apples 28 Raisins 34</p>
<p>27</p> <p>NO SCHOOL HOLIDAY</p> 	<p>28</p> <p><i>N'l Hamburger Day!</i></p> <p>Breakfast Chicken Biscuit 35</p> <p>Lunch Hamburger 29 Hotdog 30 Baked Beans 39 Glazed Carrots 17 Apple Juice 14 Sliced Peaches 14</p> 	<p>29</p> <p>Breakfast Cinnamon Roll 53</p> <p>Lunch Soft Taco 25 Cajun Chicken Pasta w/roll 56 Baked Beans 39 Seasoned Corn 21 Mixed Fruit 19 Frozen Fruit Cup 21</p>	<p>30</p> <p>Breakfast SSG Breakfast Pizza 24</p> <p>Lunch Teriyaki Ckn w/rice & roll 49 Premium Spicy Ckn Sandwich 43 Steamed Broccoli 5 Refried Beans 22 Applesauce 15 Fruit Punch 14</p>	<p>31</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Domino's Pizza 29 Tst Turkey & Chz Sandwich 30 Glazed Carrots 17 Vegetable Medley 4 Sliced Pears 14 Apple Juice 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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