




JANUARY 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 - × Poptarts × Muffins × Assorted Cereal × Toast w/jelly × Yogurt × Juice × Fruit × Milk ×

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates to Remember	1	2	3	4
<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>Wed 1/30/19</u> - Nt'l Croissant Day!</p>	<p>HOLIDAY NO SCHOOL</p> <p>HAPPY NEW YEAR</p>	<p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch General Tso w/ rice & brdstx 56 Stuffed Cheesesticks 30 Glazed Carrots 20 Steamed Green Peas 22 Applesauce 15 Sliced Pears 14</p>	<p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Cheeseburger 31 Buffalo Chicken Wrap 32 Baked Beans 39 Spiral Fries 17 Mixed Fruit 15 Fruit Punch 14</p>	<p>Breakfast Flapstick w/syrup 37</p> <p>Lunch Domino's Pizza 29 Corn Dog 30 Potato Soup 44 Glazed Carrots 20 Baked Apples 28 Raisels 34</p>
7	8	9	10	11
<p>Nt'l Bean Day! Breakfast Chicken Biscuit 36</p> <p>Lunch Beef & Cheese Nachos 41 Buffalo Ckn Flatbread Pizza 31 Carrot Chips w/dip 6 Seasoned Corn 21 Pineapple Tidbits 21 Mixed Fruit 15</p>	<p>Breakfast Cinnamon Roll 53</p> <p>Lunch Hot Dog 30 Cajun Chicken Pasta w/roll 56 Potato Wedges 18 Baked Beans 39 Sliced Peaches 14 Banana 12</p>	<p>Breakfast SSG Breakfast Pizza 24</p> <p>Lunch Turkey Tetrizzini w/roll 73 Chicken Fajitas 35 Roasted Baby Carrots 7 Seasoned Green Beans 6 Raisins 34 Applesauce 15</p>	<p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Southwest Beef Fiestada 43 Spicy Chicken Sandwich 43 Steamed Broccoli 5 Pinto Beans 15 Apple Crisp 57 Fruit Punch 14</p>	<p>Nt'l Milk Day! Breakfast Sausage & Chz Croissant 28</p> <p>Lunch Pepperoni Pizza 30 Grilled Cheese Sandwich 30 Glazed Carrots 17 Chicken Tortilla Soup 46 Sliced Pears 14 Apple Juice 14</p>
Breakfast Prices 2018-2019	Lunch Prices 2018-2019		Cost of Meals for January 2019 - (18 days)	
<p>Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50</p>	<p>Grades 6 to 12 - \$2.75 Reduced Rate -\$0.40 Entrée Only - \$1.75 to \$2.00 Milk Only - \$0.50</p>		<p>Breakfast Grades K to 12 - \$22.50 Reduced Rate - \$0.00</p>	<p>Lunch Grades 6 to 12 - \$49.50 Reduced Rate - \$7.60</p>

<p>14</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 Baked Apples 28 Mixed Fruit 19</p>	<p>15</p> <p>Breakfast Cinnabar 45</p> <p>Lunch Country Style Steak w/roll 22 Chicken Alfredo w/roll 56 Lima Beans 18 Mashed Potatoes 15 Mandarin Oranges 26 Frozen Fruit Cup 21</p>	<p>16</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Breakfast for Lunch 28 Manager's Choice Entrée Potato Triangle 12 Gold Rush Veg Juice Box 10 Fresh Grapes 9 Sliced Pears 14</p>	<p>17</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Glazed Ham & Chz Croissant 35 Manager's Choice Entrée Glazed Sweet Potatoes 45 Seasoned Corn 21 Sliced Peaches 14 Apple Juice 14</p>	<p>18</p> <p>Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch NO LUNCH</p>
<p>21</p> <p>HOLIDAY NO SCHOOL</p> 	<p>22</p> <p>REQUIRED WORKDAY NO SCHOOL</p>	<p>23</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Spaghetti w/Brdstick 69 Premium Chicken Sandwich 40 Veggie Ranch Salad 3 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 28 Ckn & Chz Quesadilla 34 Potato Triangle 12 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 35 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 Chicken Fillet Sandwich 43 Glazed Sweet Potatoes 45 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 Steak & Chz Flatbread 30 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 General Tso w/ rice & brdstx 56 Stuffed Cheesesticks 30 Glazed Carrots 20 Steamed Green Peas 22 Fresh Apple 26 Sliced Pears 14</p>	<p>31</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Cheeseburger 31 Buffalo Chicken Wrap 32 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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