


OCTOBER 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 - * Frt & Granola Parfait * Cereal * Poptart * Breakfast Loaf * Fruit * Juice * Milk *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Breakfast Fr Tst Sticks w/syrup 55 Lunch Glazed Ham & Chz Croissant 35 Cr. Ckn Salad w/garlic bread 31 Glazed Swt Potatoes 45 Seasoned Green Beans 6 Sliced Peaches 14 Pineapple Tidbits 19	2 Breakfast Breakfast Pizza 27 Lunch Hamburger 28 Buffalo Chicken Pizza 25 Baked Beans 41 Potato Wedges 18 Orange Wedges 12 Applesauce 15	3 Breakfast WG Breakfast Donut 41 Lunch Orange Chicken w/rice & roll 56 Pizza Sticks 41 Sweet Carrots 21 Steamed Green Peas 16 Mixed Berry Fruit Cup 22 Raisins 33	4 Breakfast Flapstick IW w/syrup 34 Lunch Domino's Pizza 28 Ckn & Chz Quesadilla 24 Seasoned Corn 17 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31	
	7 Breakfast Chicken Biscuit 35 Lunch Walkin' Taco 34 Chicken Nuggets w/roll 46 Carrot Chips w/dip 8 Pinto Beans 24 Mixed Berry Fruit Cup 22 Sliced Peaches 14	8 Breakfast Cinnamon Roll 47 Lunch Pork Chop w/gvy & roll 48 Ckn Alfredo w/garlic Bread 41 Turnip Greens 3 Mashed Potatoes 13 Fruit Punch 14 Mixed Fruit 19	9 Breakfast SSG Breakfast Pizza 25 Lunch Breakfast for Lunch 29 Hot Dog 30 Gold Rush Veg Juice Box 10 Potato Triangle 14 Fresh Grapes 9 Baked Apples 31	10 Breakfast Dutch Waffle w/syrup 68 Lunch Premium Chicken Sandwich 41 Cntry Style Steak w/gvy & roll 37 Glazed Swt Potatoes 45 Lima Beans 18 Mandarin Oranges 26 Sliced Pears 18	11 Breakfast Sausage & Chz Croissant 28 Lunch Pepperoni Pizza 30 Pulled Pork Sandwich 37 Sweet Carrots 21 Vegetable Medley 4 Applesauce 15 Orange Juice 14
Breakfast Prices 2019 - 2020 DHS Breakfast - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50		Lunch Prices 2019 - 2020 Grades 6 - 12 - \$2.75 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00 Milk Only - \$0.50			
			Cost of Meals for October 2019 - (22 days) Breakfast DHS Breakfast - \$6.60 NCHS Breakfast - \$0.00 Reduced Rate - \$0.00		Lunch Grades 6 to 12- \$60.50 Reduced Rate - \$8.80

<p>14</p> <p>Breakfast Sausage Biscuit 28</p> <p>Lunch Chicken & Waffle 62 Steak & Chz Flatbread 29 Glazed Swt Potatoes 45 Vegetable Medley 4 Mixed Berry Fruit Cup 22 Sliced Pears 18</p>	<p>15</p> <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Premium Chicken Sandwich 40 Chicken Fajitas 34 Steamed Broccoli 4 Cuban Black Beans 31 Apple Crisp 60 Mixed Fruit 19</p>	<p>16</p> <p>Breakfast Breakfast Pizza 27</p> <p>Lunch Turkey Tetrazinni w/roll 68 Corn Dog 30 Roasted Baby Carrots 7 Seasoned Green Beans 6 Fresh Apple 26 Fruit Punch 14</p>	<p>17</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Cheeseburger 29 Buffalo Chicken Wrap 36 Oven Fries 15 Baked Beans 41 Sliced Pears 18 Raisels 35</p>	<p>18</p> <p>Breakfast Flapstick IW w/syrup 34</p> <p>Lunch Domino's Pizza 28 Ckn Teriyaki w/rice & roll 109 Sweet Carrots 21 Seasoned Corn 17 Applesauce 15 Sliced Peaches 14</p>
<p>21</p>  <p>OPTIONAL TEACHER WORKDAY</p>	<p>22</p> <p>Breakfast Cinnamon Roll 47</p> <p>Lunch Glazed Ham & 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>23</p> <p>Breakfast SSG Breakfast Pizza 25</p> <p>Lunch Hamburger 28 Buffalo Chicken Pizza 25 Baked Beans 41 Potato Wedges 18 Orange Wedges 12 Applesauce 15</p>	<p>24</p> <p>Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Orange Chicken w/rice & roll 56 Pizza Sticks 41 Sweet Carrots 21 Steamed Green Peas 16 Mixed Berry Fruit Cup 22 Raisins 33</p>	<p>25</p> <p>Breakfast Sausage & Chz Croissant 28</p> <p>Lunch Pepperoni Pizza 30 Ckn & Chz Quesadilla 24 Seasoned Corn 17 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31</p>
<p>28</p> <p>Breakfast Sausage Biscuit 28</p> <p>Lunch 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>29</p> <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Pork Chop w/gvy & roll 48 Ckn Alfredo w/garlic Bread 41 Turnip Greens 3 Mashed Potatoes 13 Fruit Punch 14 Mixed Fruit 19</p>	<p>30</p> <p>Breakfast Breakfast Pizza 27</p> <p>Lunch Breakfast for Lunch 29 Hot Dog 30 Gold Rush Veg Juice Box 10 Potato Triangle 14 Fresh Grapes 9 Baked Apples 31</p>	<p>31</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Premium Chicken Sandwich 41 Cntry Style Steak w/gvy & roll 37 Glazed Swt Potatoes 45 Lima Beans 18 Mandarin Oranges 26 Sliced Pears 18</p>	 <p>October 7th is the last day for previous year meal status. Students who have not turned in a new meal application for the 2019-2020 school year by this date will be moved to a full pay meal status until an application has been received and processed.</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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