









FEBRUARY 2020 - Shuford / North /South - 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 * Fruit * Juice * Milk M/W/F - Breakfast Loaf T/TH - Yogurt w/Cinnamon Grahams

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast Sausage Biscuit 28 Lunch Spaghetti w/garlic bread 60 Chicken & Waffle 62 Steamed Broccoli 4 Seasoned Green Peas 16 Banana 24 Mixed Fruit 19	4 Breakfast Fr Tst Sticks w/syrup 55 Lunch Hot Dog 30 Chicken Nuggets w/roll 28 Potato Wedges 18 Tomato Juice 7 Sliced Peaches 14 Pineapple Tidbits 19	5 Breakfast Breakfast Pizza 27 Lunch Orange Chicken w/rice 47 BBQ Rib Sandwich 43 Sweet Carrots 21 Seasoned Green Beans 6 Orange Wedges 12 Applesauce 15	6 Breakfast WG Breakfast Donut 41 Lunch Hamburger 28 Mac & Chz w/roll 44 Baked Beans 41 Lettuce/Tomato/Pickle/Onion 3 Peach Fruit Cup 19 Raisins 33	7 Nt'l Homemade Soup Day! Breakfast Flapstick IW w/syrup 34 Lunch Domino's Pizza 28 Ckn & Chz Quesadilla 24 Glazed Swt Potatoes 45 Broccoli Soup 85 Fruit Punch 14 Baked Apples 31
10 Breakfast Chicken Biscuit 35 Lunch Soft Taco 25 Tst Turkey & Chz Sandwich 35 Cuban Black Beans 31 Seasoned Corn 17 Mixed Berry Fruit Cup 22 Sliced Peaches 14	11 Breakfast Cinnamon Roll 47 Lunch Pork Chop w/gvy & roll 30 Ckn Alfredo w/garlic Bread 41 Turnip Greens 3 Mashed Potatoes 13 Fruit Punch 14 Mixed Fruit 19	12 Breakfast SSG Breakfast Pizza 25 Lunch Breakfast for Lunch 15 Grilled Cheese Sandwich 36 Gold Rush Veg Juice Box 10 Potato Tots 16 Fresh Grapes 9 Baked Apples 31	13 Breakfast Dutch Waffle w/syrup 68 Lunch Pepperoni Pizza 30 Hot Ham & Chz Croissant 30 Glazed Swt Potatoes 45 Lima Beans 18 Applesauce 15 Sliced Pears 18	<div style="text-align: center;">   NO SCHOOL </div>
Breakfast Prices 2019 - 2020 Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50		Lunch Prices 2019 - 2020 Grades K - 5 - \$2.50 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00 Milk Only - \$0.50		
			Cost of Meals for February 2020 - (18 days)	
			Breakfast Grades K to 12 - \$22.50 Reduced Rate - \$0.00	Lunch Grades K to 5 - \$45.00 Reduced Rate - \$7.20

<p>17</p> <p>OPTIONAL</p>  <p>NO SCHOOL</p>	<p>18</p> <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Chicken Fillet Sandwich 41 Deli Turkey Sandwich 28 Steamed Broccoli 4 Scalloped Potatoes 4 Apple Crisp 60 Mixed Fruit 19</p> 	<p>19</p> <p>Breakfast Breakfast Pizza 27</p> <p>Lunch Turkey Tetrazinni w/roll 50 Corn Dog 30 Roasted Baby Carrots 7 Seasoned Green Beans 6 Fresh Apple 26 Fruit Punch 14</p>	<p>20</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Cheeseburger 29 Chicken Fajita 26 Oven Fries 15 Baked Beans 41 Sliced Pears 18 Raisels 35</p>	<p>21</p> <p>Breakfast Flapstick IW w/syrup 34</p> <p>Lunch Domino's Pizza 28 Ckn Teriyaki w/rice & roll 91 Sweet Carrots 21 Potato Soup 45 Applesauce 15 Sliced Peaches 14</p>					
<p>24</p> <p>Birthday Monday! Breakfast Chicken Biscuit 35</p> <p>Lunch Spaghetti w/garlic bread 60 Chicken & Waffle 62 Steamed Broccoli 4 Seasoned Green Peas 16 Banana 24 Mixed Fruit 19</p> 	<p>25</p> <p>Breakfast Cinnamon Roll 47</p> <p>Lunch Hot Dog 30 Chicken Nuggets w/roll 28 Potato Wedges 18 Tomato Juice 7 Sliced Peaches 14 Pineapple Tidbits 19</p>	<p>26</p> <p>Breakfast SSG Breakfast Pizza 25</p> <p>Lunch Orange Chicken w/rice 47 BBQ Rib Sandwich 43 Sweet Carrots 21 Seasoned Green Beans 6 Orange Wedges 12 Applesauce 15</p> 	<p>27</p> <p>Nt'l Strawberry Day! Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Hamburger 28 Mac & Chz w/roll 44 Baked Beans 41 Lettuce/Tomato/Pickle/Onion 3 Strawberry Fruit Cup 22 Raisins 33</p> 	<p>28</p> <p>Nt'l Tartar Sauce Day! Breakfast Strawberry Poptart IW 76</p> <p>Lunch Pepperoni Pizza 30 Ckn & Chz Quesadilla 24 Fish Sandwich 39 Glazed Swt Potatoes 45 Broccoli Soup 85 Fruit Punch 14 Baked Apples 31</p>					
<p>Dates to Remember</p>	<p>Friday - 2/7 National Homemade Soup Day!</p>	<p>Monday - 2/24 Birthday Monday!</p>	<p>Thursday - 2/27 National Strawberry Day!</p>	<p>Friday - 2/28 National Tartar Sauce Day!</p>					
<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</p>					<p>"USDA is an equal opportunity provider and employer"</p>				
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