









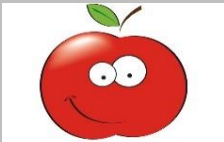
MARCH 2019 - NC High / Discovery High - Breakfast / Lunch Menu

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 × Fruit & Granola Parfait

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>National School Breakfast Week is March 4th - 8th! Come join us!</p> <p>Available March 8th through April 12th - Fish Sandwiches will be available on Fridays</p> 	<p>Dates to Remember</p> <p> Wednesday, Mar 6th - Dr. Suess' Birthday Celebration!</p> <p>Friday, Mar 15th - Happy St. Patrick's Day! Celebrate with a Shamrock Fruit freeze!</p>  <p> Tuesday, Mar 19th - National Chicken Day!</p>			<p>1</p> <p>Breakfast Sausage & Chz Croissant 16</p> <p>Lunch Domino's Pizza 29 Grilled Cheese Sandwich 30 Glazed Carrots 17 Vegetable Medley 4 Sliced Pears 14 Apple Juice 14</p>
<p>4</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>5</p> <p>Breakfast Cinnabar 45</p> <p>Lunch Buffalo Chicken Salad 43 Glazed Ham & Chz Croissant 35 Glazed Sweet Potatoes 45 Baked Beans 39 Sliced Peaches 14 Apple Juice 14</p>	<p>6</p> <p><i>Dr. Suess' Birthday celebration!</i></p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Breakfast for Lunch 14 Ckn & Chz Quesadilla 24 Potato Tots 16 Gold Rush Juice Box 10 Fresh Grapes 9 Sliced Pears 14</p> 	<p>7</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 Mandarin Oranges 26 Frozen Fruit Cup 21</p>	<p>8</p> <p>Breakfast Pancake & Sausage Sandwich 23</p> <p>Lunch Pepperoni Pizza 30 Teriyaki Ckn w/rice & roll 51 Steamed Broccoli 5 Glazed Carrots 17 Applesauce 15 Fruit Punch 14</p>
<p>Breakfast Prices 2018-2019</p> <p>Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50</p>	<p>Lunch Prices 2018-2019</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>Happy St. Pat's Day</p> 	<p>Cost of Meals for March 2019 - (20 days)</p> <p>Breakfast Grades K to 12 - \$25.00 Reduced Rate - \$0.00</p> <p>Lunch Grades 6 to 12 - \$55.00 Reduced Rate - \$8.00</p>	

<p>11</p> <p>Breakfast Sausage Biscuit 28</p> <p>Lunch Lasagna w/breadstick 56 Chicken Sandwich 43 Glazed Sweet Potatoes 45 Pinto Beans 15 Raisels 35 Applesauce 15</p>	<p>12</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Pork Chop & Gvy w/roll 54 Steak & Chz Flatbread 30 Turnip Greens 0 Mashed Potatoes 15 Sliced Peaches 14 Apple Juice 14</p>	<p>13 1/2 day - Early Dismissal</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Cheeseburger 31 Manager's Choice Entrée Baked Beans 39 Spiral Fries 17 Sweet Blueberries 22 Fruit Punch 14</p>	<p>14</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch General Tso Ckn w/rice & Brdstx 56 Stuffed Cheesesticks 30 Glazed Carrots 17 Steamed Green Peas 22 Fresh Apple 26 Sliced Pears 14</p>	<p>15 Happy St. Patrick's Day!</p> <p>Breakfast Flapstick w/syrup 37</p> <p>Lunch Domino's Pizza 29 Corn Dog 30 Scalloped Potatoes 19 Vegetable Medley 4 Baked Apples 28 Frozen Fruit Cup 21</p> 
<p>18</p> <p>Breakfast Chicken Biscuit 35</p> <p>Lunch Beef & Cheese Nachos 41 Buffalo Ckn Flatbread Pizza 36 Carrot Chips w/dip 13 Seasoned Corn 21 Sliced Peaches 14 Mixed Fruit 19</p>	<p>19 Nt'l Chicken Day!</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 Frozen Fruit Cup 21</p> 	<p>20</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>21</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Southwest Beef Fiestada 43 Spicy Chicken Sandwich 43 Steamed Broccoli 5 Refried Beans 22 Apple Crisp 57 Fruit Punch 14</p>	<p>22</p> <p>NO SCHOOL TEACHER WORKDAY</p> 
<p>25</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>26</p> <p>Breakfast Cinnabar 45</p> <p>Lunch Buffalo Chicken Salad 43 Glazed Ham & Chz Croissant 35 Glazed Sweet Potatoes 45 Baked Beans 39 Sliced Peaches 14 Apple Juice 14</p>	<p>27</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Breakfast for Lunch 14 Ckn & Chz Quesadilla 24 Potato Tots 16 Gold Rush Juice Box 10 Fresh Grapes 9 Sliced Pears 14</p>	<p>28</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 Mandarin Oranges 26 Frozen Fruit Cup 21</p>	<p>29</p> <p>Breakfast Flapstick w/syrup 37</p> <p>Lunch Pepperoni Pizza 30 Teriyaki Ckn w/rice & roll 51 Steamed Broccoli 5 Glazed Carrots 17 Applesauce 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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