




# JANUARY 2019 - NC Middle School - 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
<b>Dates to Remember</b>	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>Mon. 1/28/19</u> - Birthday Monday!</p> <p><u>Wed 1/30/19</u> - Nt'l croissant Day!</p>	<p>HOLIDAY NO SCHOOL</p> <p><b>HAPPY NEW YEAR</b></p>	<p><b>Breakfast</b> Fr. Tst Sticks w/syrup 52</p> <p><b>Lunch</b> Orange Chicken w/ rice 36 Stuffed Cheesesticks 30 Glazed Carrots 17 Seasoned Green Beans 6 Applesauce 15 Sliced Pears 14</p>	<p><b>Breakfast</b> WG Breakfast Donut 41</p> <p><b>Lunch</b> Hamburger 29 Grilled Cheese Sandwich 30 Baked Beans 39 Spiral Fries 17 Mixed Fruit 15 Fruit Punch 14</p>	<p><b>Breakfast</b> Flapstick w/syrup 37</p> <p><b>Lunch</b> Domino's Pizza 29 Chicken Fajitas 26 Potato Soup 44 Vegetable Medley 4 Baked Apples 28 Raisels 34</p>
7	8	9	10	11
<p><b>Nt'l Bean Day!</b> <b>Breakfast</b> Chicken Biscuit 36</p> <p><b>Lunch</b> Hot Dog 30 Cr. Ckn Salad w/brdstx 38 Potato Wedges 18 Baked Beans 39 Sliced Peaches 14 Banana 12</p>	<p><b>Breakfast</b> Cinnamon Roll 53</p> <p><b>Lunch</b> Beef &amp; Cheese Nachos 21 Chicken Casserole w/roll 15 Vegetable Medley 4 Seasoned Corn 21 Pineapple Tidbits 21 Mixed Fruit 15</p>	<p><b>Breakfast</b> SSG Breakfast Pizza 24</p> <p><b>Lunch</b> Turkey Tetrizzini w/roll 58 Corn Dog 30 Roasted Baby Carrots 7 Seasoned Green Beans 6 Raisins 34 Applesauce 15</p>	<p><b>Breakfast</b> Fr. Tst Sticks w/syrup 52</p> <p><b>Lunch</b> Southwest Beef Fiestada 43 Ham &amp; Chz Quesadilla 27 Steamed Broccoli 5 Refried Beans 22 Apple Crisp 57 Fruit Punch 14</p>	<p><b>Nt'l Milk Day!</b> <b>Breakfast</b> Sausage &amp; Chz Croissant 28</p> <p><b>Lunch</b> Pepperoni Pizza 30 Teriyaki Ckn w/rice &amp; roll 49 Glazed Carrots 17 Chicken Tortilla Soup 46 Sliced Pears 14 Apple Juice 14</p>
<b>Breakfast Prices 2018-2019</b>	<b>Lunch Prices 2018-2019</b>		<b>Cost of Meals for January 2019 - (18 days)</b>	
<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><b>Breakfast</b> Grades K to 12 - \$22.50 Reduced Rate - \$0.00</p>	<p><b>Lunch</b> Grades 6 to 12 - \$49.50 Reduced Rate - \$7.60</p>

<p><b>14</b></p> <p><b>Breakfast</b> Pork Biscuit 36</p> <p><b>Lunch</b> Spaghetti w/Brdstick 69 Deli Turkey &amp; Chz Sandwich 30 Veggie Ranch Salad 2 Steamed Green Peas 22 Baked Apples 28 Mixed Fruit 19</p>	<p><b>15</b></p> <p><b>Breakfast</b> Cinnabar 45</p> <p><b>Lunch</b> Chicken Fillet Sandwich 43 Macaroni &amp; Cheese 65 Glazed Sweet Potatoes 45 Baked Beans 39 Sliced Peaches 14 Apple Juice 14</p>	<p><b>16</b></p> <p><b>Breakfast</b> Breakfast Pizza 26</p> <p><b>Lunch</b> Breakfast for Lunch 15 Ckn &amp; Chz Quesadilla 23 Potato Tots 16 Gold Rush Veg Juice Box 10 Fresh Grapes 9 Sliced Pears 14</p>	<p><b>17</b></p> <p><b>Breakfast</b> Fr. Tst Sticks w/syrup 52</p> <p><b>Lunch</b> Country Style Steak w/roll 19 Chicken Alfredo w/roll 41 Lima Beans 18 Mashed Potatoes 15 Mandarin Oranges 26 Frozen Fruit Cup 21</p>	<p><b>18</b></p> <p><b>Breakfast</b> Dutch Waffle w/syrup 68</p> <p><b>Lunch</b> Domino's Pizza 29 Beanie Weinies w/roll 48 Broccoli Soup 93 Glazed Carrots 17 Applesauce 15 Fruit Punch 14</p>
<p><b>21</b></p> <p>HOLIDAY NO SCHOOL</p> 	<p><b>22</b></p> <p>REQUIRED WORKDAY NO SCHOOL</p>	<p><b>23</b></p> <p><b>Breakfast</b> WG Breakfast Donut 41</p> <p><b>Lunch</b> Spaghetti w/Brdstick 69 Deli Turkey &amp; Chz Sandwich 30 Veggie Ranch Salad 2 Steamed Green Peas 22 Baked Apples 28 Mixed Fruit 19</p>	<p><b>24</b></p> <p><b>Breakfast</b> Breakfast Pizza 26</p> <p><b>Lunch</b> Breakfast for Lunch 15 Ckn &amp; Chz Quesadilla 23 Potato Tots 16 Gold Rush Veg Juice Box 10 Applesauce 15 Sliced Pears 14</p>	<p><b>25</b></p> <p><b>Breakfast</b> Fr. Tst Sticks w/syrup 52</p> <p><b>Lunch</b> Pepperoni Pizza 30 Chicken Fajitas 26 Seasoned Corn 21 Glazed Sweet Potatoes 45 Apple Juice 14 Mixed Fruit 19</p>
<p><b>28</b></p> <p><b>Birthday Monday!</b> <b>Breakfast</b> Sausage Biscuit 28</p> <p><b>Lunch</b> Lasagna w/breadstick 56 Stuffed Cheesesticks 30 Carrot Chips w/dip 9 Pinto Beans 15 Frozen Fruit Cup 21 Applesauce 15</p>	<p><b>29</b></p> <p><b>Breakfast</b> Fr. Tst Sticks w/syrup 52</p> <p><b>Lunch</b> Pork Chop &amp; Gvy w/roll 39 Chicken &amp; Dumplings w/roll Turnip Greens 0 Mashed Potatoes 15 Sliced Peaches 14 Apple Juice 14</p>	<p><b>30</b></p> <p><b>Nt'l Croissant Day!</b> <b>Breakfast</b> Breakfast Pizza 26</p> <p><b>Lunch</b> Orange Chicken w/ rice 36 Hot Ham &amp; Chz Croissant 30 Glazed Carrots 17 Seasoned Green Beans 6 Orange Wedges 12 Sliced Pears 14</p>	<p><b>31</b></p> <p><b>Breakfast</b> WG Breakfast Donut 41</p> <p><b>Lunch</b> Hamburger 29 Grilled Cheese Sandwich 30 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](http://www.newton-conover.org) - Menus are subject to change - Notice is given when possible

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