





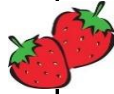

# FEBRUARY 2020 - Conover School - Breakfast / Lunch Menu

## 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 \* Yogurt w/Cinnamon Grahams \* Fruit \* Juice \* Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Breakfast</b> Sausage Biscuit 28  <b>Lunch</b> BBQ Rib Sandwich 43 Chicken & Waffle 62 Baked Beans 41 Glazed Swt Potatoes 45 Mixed Berry Fruit Cup 22 Sliced Pears 18	<b>4</b> <b>Breakfast</b> Fr Tst Sticks w/syrup 55  <b>Lunch</b> Chicken Fillet Sandwich 41 Calzone 30 Steamed Broccoli 4 Mashed Potatoes 13 Apple Crisp 60 Mixed Fruit 19	<b>5</b> <b>Breakfast</b> Breakfast Pizza 27  <b>Lunch</b> Turkey Tetrazinni w/roll 50 Deli Ham & Chz Sandwich 30 Sweet Carrots 21 Seasoned Green Beans 6 Applesauce 15 Fruit Punch 14	<b>6</b> <b>Breakfast</b> WG Breakfast Donut 41  <b>Lunch</b> Hamburger 28 Mac & Chz w/roll 44 Oven Fries 15 Steamed Green Peas 16 Sliced Pears 18 Mandarin Oranges 26	<b>7</b> <b>Breakfast</b> Eggs w/Toast 16  <b>Lunch</b> Domino's Pizza 28 Tst Turkey & Chz Sandwich 35 Sweet Carrots 21 Vegetable Medley 4 Applesauce 15 Sliced Peaches 14
<b>10</b> <b>Breakfast</b> Chicken Biscuit 35  <b>Lunch</b> Spaghetti w/garlic bread 60 Deli Turkey & Chz Sandwich 28 Steamed Broccoli 4 Seasoned Corn 17 Fruit Punch 14 Mixed Fruit 19	<b>11</b> <b>Breakfast</b> Cinnamon Roll 47  <b>Lunch</b> Breakfast for Lunch 15 Grilled Cheese Sandwich 36 Gold Rush Veg Juice Box 10 Potato Tots 16 Sliced Peaches 14 Sliced Pears 18	<b>12</b> <b>Breakfast</b> SSG Breakfast Pizza 25  <b>Lunch</b> Chicken Casserole w/roll 36 Cheese Sticks 30 Sweet Carrots 21 Seasoned Green Beans 6 Peach Fruit Cup 19 Raisins 33	<b>13</b> <b>Breakfast</b> Dutch Waffle w/syrup 68  <b>Lunch</b> Pepperoni Pizza 30 Pulled Pork Sandwich 37 Glazed Swt Potatoes 45 Vegetable Medley 4 Fruit Punch 14 Applesauce 15	 <b>NO SCHOOL</b>
<b>Breakfast Prices 2019 - 2020</b> Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50		<b>Lunch Prices 2019 - 2020</b> Grades K - 5 - \$2.50 Grades 6 to 12 - \$2.75 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00		
<b>Cost of Meals for February 2020 - (18 days)</b>				
<b>Breakfast</b> Grades K to 12 - \$22.50 Reduced Rate - \$0.00		<b>Lunch</b> Grades K to 5 - \$45.00 Grades 6 to 12 - \$49.50 Reduced Rate - \$7.20		

<p>17</p> <p><b>OPTIONAL</b></p>  <p><b>NO SCHOOL</b></p>	<p>18</p> <p><b>Breakfast</b> Fr Tst Sticks w/syrup 55</p> <p><b>Lunch</b> Chicken Fillet Sandwich 41 Calzone 30 Steamed Broccoli 4 Mashed Potatoes 13 Apple Crisp 60 Mixed Fruit 19</p> 	<p>19</p> <p><b>Breakfast</b> Breakfast Pizza 27</p> <p><b>Lunch</b> Turkey Tetrazinni w/roll 50 Deli Ham &amp; Chz Sandwich 30 Sweet Carrots 21 Seasoned Green Beans 6 Applesauce 15 Fruit Punch 14</p>	<p>20</p> <p><b>Breakfast</b> WG Breakfast Donut 41</p> <p><b>Lunch</b> Hamburger 28 Mac &amp; Chz w/roll 44 Oven Fries 15 Steamed Green Peas 16 Sliced Pears 18 Mandarin Oranges 26</p>	<p>21</p> <p><b>Breakfast</b> Eggs w/Toast 16</p> <p><b>Lunch</b> Domino's Pizza 28 Tst Turkey &amp; Chz Sandwich 35 Sweet Carrots 21 Vegetable Medley 4 Applesauce 15 Sliced Peaches 14</p>
<p>24</p> <p><b>Breakfast</b> Chicken Biscuit 35</p> <p><b>Lunch</b> Spaghetti w/garlic bread 60 Deli Turkey &amp; Chz Sandwich 28 Steamed Broccoli 4 Seasoned Corn 17 Fruit Punch 14 Mixed Fruit 19</p>	<p>25</p> <p><b>Breakfast</b> Cinnamon Roll 47</p> <p><b>Lunch</b> Breakfast for Lunch 15 Grilled Cheese Sandwich 36 Gold Rush Veg Juice Box 10 Potato Tots 16 Sliced Peaches 14 Sliced Pears 18</p>	<p>26</p> <p><b>Breakfast</b> SSG Breakfast Pizza 25</p> <p><b>Lunch</b> Chicken Casserole w/roll 36 Cheese Sticks 30 Sweet Carrots 21 Seasoned Green Beans 6 Peach Fruit Cup 19 Raisins 33</p> 	<p>27</p> <p><b>Nt'l Strawberry Day!</b></p> <p><b>Breakfast</b> Dutch Waffle w/syrup 68</p> <p><b>Lunch</b> Chicken Nuggets w/roll 28 Tst Ham &amp; Chz Sandwich 36 Baked Beans 41 Oven Fries 15 Pineapple Tidbits 19 Applesauce 15</p>	<p>28</p> <p><b>Breakfast</b> Breakfast Loaf IW 46</p> <p><b>Lunch</b> Pepperoni Pizza 30 Pulled Pork Sandwich 37 Glazed Swt Potatoes 45 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31</p>
		<p>Thursday - 2/27</p> <p><b>National Strawberry Day!</b></p>		
<p>Menus, Nutrition, and Allergen Information can be found on our system website: <a href="http://www.newton-conover.org">www.newton-conover.org</a> - Menus are subject to change. Notice is given when Possible</p>				
<p>"USDA is an equal opportunity provider and employer"</p>				