




NOVEMBER 2018 - 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 - × Poptarts × Fruit & Granola Parfait × Assorted Cereal × Muffins × Toast w/Jelly × Juice × Fruit × Milk ×

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Days to Remember			1	2
<p><u>Wednesday, Nov 28th -</u> National French Toast Day!</p> 			<p>Breakfast Dutch Waffle 51</p> <p>Lunch Country Style Steak w/roll 37 Chicken Alfredo w/roll 56 Lima Beans 18 Mashed Potatoes 15 Mandarin Oranges 26 Frozen Fruit Cup 21</p>	<p>Breakfast Pancake & Saus Sandwich IW 23</p> <p>Lunch Domino's Pizza 29 Pulled Pork Sandwich 27 Broccoli Soup 43 Glazed Carrots 17 Applesauce 15 Fruit Punch 14</p>
<p>5</p> <p>Breakfast Sausage Biscuit 29</p> <p>Lunch Lasagna w/breadstick 56 Chicken Fillet Sandwich 43 Glazed Sweet Potatoes 45 Pinto Beans 15 Frozen Fruit Cup 21 Applesauce 15</p>	<p>6</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Pork Chop & Gravy w/roll 54 Steak & Cheese Flatbread 30 Turnip Greens 0 Mashed Potatoes 15 Sliced Peaches 14 Apple Juice 14</p>	<p>7 1/2 Day - Early Dismissal</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Hamburger 29 Managers Choice Entrée Baked Beans 39 Managers Choice Vegetable Mixed Fruit 19 Managers Choice Fruit</p>	<p>8</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch General Tso Chicken w/ rice 56 Stuffed Cheesesticks 30 Glazed Carrots 17 Seasoned Green Peas 22 Orange Wedges 12 Sliced Pears 14</p>	<p>9</p> <p>Breakfast Flapstick w/syrup 37</p> <p>Lunch Stuffed Crust Pepperoni Pizza 31 Corn Dog 30 Potato Soup 44 Carrot Chips w/dip 9 Baked Apples 28 Raisels 34</p>
<p>Breakfast Prices 2018-2019</p>	<p>Lunch Prices 2018-2019</p>		<p>Cost of Meals for November 2018 - (18 days)</p>	
<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>Breakfast Grades K to 12 - \$22.50 Reduced Rate - \$0.00</p> <p>Lunch Grades 6 to 12 - \$49.50 Reduced Rate - \$7.20</p>	
				

<p>12</p> <p>NO SCHOOL HOLIDAY</p> 	<p>13</p> <p>Breakfast Cinnamon Roll 53</p> <p>Lunch Soft Taco 25 Buffalo Ckn Flatbread Pizza 31 Broccoli & Carrot Chips 4 Seasoned Corn 21 Mixed Fruit 19 Sliced Peaches 14</p>	<p>14</p> <p>Breakfast SSG Breakfast Pizza 24</p> <p>Lunch Turkey Tetrizzini w/Roll 73 Pork Carnitas 32 Roasted Baby Carrots 7 Seasoned Green Beans 6 Raisins 34 Applesauce 15</p>	<p>15</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Southwest Beef Fiestada 43 Spicy Chicken Sandwich 43 Steamed Broccoli 5 Cuban Black Beans 33 Apple Crisp 57 Fruit Punch 14</p>	<p>16</p> <p>Breakfast Sausage & Chz Croissant 28</p> <p>Lunch Domino's Pizza 29 Teriyaki Ckn w/rice & roll 64 Glazed Carrots 17 Chicken Tortilla Soup Sliced Pears 14 Apple Juice 14</p>
<p>19</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Chicken Fillet Sandwich 43 Macaroni & Cheese 65 Glazed Sweet Potatoes 45 Baked Beans 39 Sliced Peaches 14 Apple Juice 14</p>	<p>20</p> <p>Breakfast Cinnabar 45</p> <p>Lunch Pepperoni Pizza 30 Pulled Pork Sandwich 27 Steamed Broccoli 5 Glazed Carrots 17 Applesauce 15 Fruit Punch 14</p>	<p>21</p> <p>NO SCHOOL ANNUAL LEAVE</p>	<p>22</p> <p>NO SCHOOL HOLIDAY</p> 	<p>23</p> <p>NO SCHOOL HOLIDAY</p>
<p>26</p> <p>Breakfast Sausage Biscuit 29</p> <p>Lunch Lasagna w/breadstick 56 Chicken Fillet Sandwich 43 Glazed Sweet Potatoes 45 Pinto Beans 15 Frozen Fruit Cup 21 Applesauce 15</p>	<p>27</p>  <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Pork Chop & Gravy w/roll 54 Steak & Cheese Flatbread 30 Turnip Greens 0 Mashed Potatoes 15 Sliced Peaches 14 Apple Juice 14</p>	<p>28</p> <p>Nt'l French Tst Day!</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch General Tso Chicken w/ rice 56 Stuffed Cheesesticks 30 Glazed Carrots 17 Seasoned Green Peas 22 Mandarin Oranges 26 Sliced Pears 14</p>	<p>29</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Hamburger 29 Buffalo Chicken Wrap 31 Baked Beans 39 Spiral Fries 17 Mixed Fruit 19 Fruit Punch 14</p>	<p>30</p> <p>Breakfast Flapstick w/syrup 37</p> <p>Lunch Pepperoni Pizza 30 Corn Dog 30 Potato Soup 44 Carrot Chips w/dip 9 Baked Apples 28 Raisels 34</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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