

JULY 2019 - North Newton - Summer Food Service program - Breakfast / Lunch Menu

Newton-Conover City Schools

Newton-Conover School Nutrition Department will operate a Summer Food Service Program one site, located at North Newton Elementary. **Children age 18 and under, and those who have a mental or physical disability that are 19 and over who participate in a public or private non-profit school program** are eligible to participate.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The Summer Fedding Program will be closed Monday, July 1st through Friday, July 5th. We will re-open on Monday, July 8th.

8

Breakfast

Sausage Biscuit - 3.5 oz
Cereal, Assorted - 1 oz
Cinnamon Grahams - 0.90 oz
Fruit - 1/2 c **or** Juice - 4 fl oz
Milk - 8 fl oz

Lunch

Chicken Nuggets - 3.45 oz
Deli Sandwich - 4.33 oz
Green Beans - 1/2 c
Applesauce - 1/2 c
Milk - 8 fl oz

9

Breakfast

Fr Tst Sticks - 3.18 oz
Cereal, Assorted - 1 oz
Cinnamon Grahams - 0.90 oz
Fruit - 1/2 c **or** Juice - 4 fl oz
Milk - 8 fl oz

Lunch

Spaghetti - 8 oz
Deli Sandwich - 4.33 oz
Steamed Broccoli - 1/2 c
Fruit Cup - 1/2 c
Milk - 8 fl oz



10

Breakfast

Breakfast Pizza - 3.31 oz
Cereal, Assorted - 1 oz
Cinnamon Grahams - 0.90 oz
Fruit - 1/2 c **or** Juice - 4 fl oz
Milk - 8 fl oz

Lunch

Ckn & Chz Quesadilla - 4.3 oz
Deli Sandwich - 4.33 oz
Pinto Beans - 1/2 c
Sliced Peaches - 1/2 c
Milk - 8 fl oz

11

Breakfast

Blueberry Pancakes, IW - 3 oz
Cereal, Assorted - 1 oz
Cinnamon Grahams - 0.90 oz
Fruit - 1/2 c **or** Juice - 4 fl oz
Milk - 8 fl oz

Lunch

Hamburger - 4.8 oz
Deli Sandwich - 4.33 oz
Baked Beans - 1/2 c
Fruit Cup - 1/2 c
Milk - 8 fl oz

12

Breakfast

Muffin, Assorted, IW - 3.1 oz
Cereal, Assorted - 1 oz
Cinnamon Grahams - 0.90 oz
Fruit - 1/2 c **or** Juice - 4 fl oz
Milk - 8 fl oz

Lunch

Pepperoni Pizza - 4.48 oz
Deli Sandwich - 4.33 oz
Glazed Carrots - 1/2 c
Sliced Pears - 1/2 c
Milk - 8 fl oz

15

Breakfast

Chicken Biscuit - 3.85 oz
Cereal, Assorted - 1 oz
Cinnamon Grahams - 0.90 oz
Fruit - 1/2 c **or** Juice - 4 fl oz
Milk - 8 fl oz

Lunch

Ham & Chz Croissant - 4.53 oz
Deli Sandwich - 4.33 oz
Corn - 1/2 c
Baked Apples - 1/2 c
Milk - 8 fl oz

16

Breakfast

Dutch Waffle - 2.9 oz
Cereal, Assorted - 1 oz
Cinnamon Grahams - 0.90 oz
Fruit - 1/2 c **or** Juice - 4 fl oz
Milk - 8 fl oz

Lunch

Hamburger - 4.8 oz
Deli Sandwich - 4.33 oz
Baked Beans - 1/2 c
Fruit Cup - 1/2 c
Milk - 8 fl oz

17

Breakfast

Breakfast Pizza - 3.31 oz
Cereal, Assorted - 1 oz
Cinnamon Grahams - 0.90 oz
Fruit - 1/2 c **or** Juice - 4 fl oz
Milk - 8 fl oz

Lunch

Grilled Chz Sandwich - 4 oz
Deli Sandwich - 4.33 oz
Green Beans - 1/2 c
Sliced Peaches - 1/2 c
Milk - 8 fl oz



18

Breakfast

Fr Tst Sticks - 3.18 oz
Cereal, Assorted - 1 oz
Cinnamon Grahams - 0.90 oz
Fruit - 1/2 c **or** Juice - 4 fl oz
Milk - 8 fl oz

Lunch

Soft Tacos - 3.5 oz
Deli Sandwich - 4.33 oz
Cuban Black Beans - 1/2 c
Fruit Cup - 1/2 c
Milk - 8 fl oz

19

Breakfast

Flapstick, IW - .2.85 oz
Cereal, Assorted - 1 oz
Cinnamon Grahams - 0.90 oz
Fruit - 1/2 c **or** Juice - 4 fl oz
Milk - 8 fl oz

Lunch

Pepperoni Pizza - 4.48 oz
Deli Sandwich - 4.33 oz
Glazed Carrots - 1/2 c
Sliced Pears - 1/2 c
Milk - 8 fl oz

<p>22</p> <p>Breakfast Sausage Biscuit - 3.5 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Chicken Nuggets - 3.45 oz Deli Sandwich - 4.33 oz Green Beans - 1/2 c Applesauce - 1/2 c Milk - 8 fl oz</p>	<p>23</p> <p>Breakfast Fr Tst Sticks - 3.18 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Spaghetti - 8 oz Deli Sandwich - 4.33 oz Steamed Broccoli - 1/2 c Fruit Cup - 1/2 c Milk - 8 fl oz</p>	<p>24</p> <p>Breakfast Breakfast Pizza - 3.31 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Ckn & Chz Quesadilla - 4.3 oz Deli Sandwich - 4.33 oz Pinto Beans - 1/2 c Sliced Peaches - 1/2 c Milk - 8 fl oz</p>	<p>25</p> <p>Breakfast Blueberry Pancakes, IW - 3 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Hamburger - 4.8 oz Deli Sandwich - 4.33 oz Baked Beans - 1/2 c Fruit Cup - 1/2 c Milk - 8 fl oz</p>	<p>26</p> <p>Breakfast Muffin, Assorted, IW - 3.1 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Pepperoni Pizza - 4.48 oz Deli Sandwich - 4.33 oz Glazed Carrots - 1/2 c Sliced Pears - 1/2 c Milk - 8 fl oz</p>
<p>29</p> <p>Breakfast Chicken Biscuit - 3.85 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Ham & Chz Croissant - 4.53 oz Deli Sandwich - 4.33 oz Corn - 1/2 c Baked Apples - 1/2 c Milk - 8 fl oz</p>	<p>30</p> <p>Breakfast Dutch Waffle - 2.9 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Hamburger - 4.8 oz Deli Sandwich - 4.33 oz Baked Beans - 1/2 c Fruit Cup - 1/2 c Milk - 8 fl oz</p>	<p>31</p> <p>Breakfast Breakfast Pizza - 3.31 oz Cereal, Assorted - 1 oz Cinnamon Grahams - 0.90 oz Fruit - 1/2 c or Juice - 4 fl oz Milk - 8 fl oz</p> <p>Lunch Grilled Chz Sandwich - 4 oz Deli Sandwich - 4.33 oz Green Beans - 1/2 c Sliced Peaches - 1/2 c Milk - 8 fl oz</p>		