

OCTOBER 2019 - Shuford / North /South - 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 * Fruit * Juice * Milk * M/W/F - Breakfast Loaf T/TH - Yogurt w/Cinnamon Grahams

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Breakfast Fr Tst Sticks w/syrup 55 Lunch Hot Dog 30 Cr. Ckn Salad w/crackers 32 Potato Wedges 18 Tomato Juice 7 Sliced Peaches 14 Pineapple Tidbits 19	2 Breakfast Breakfast Pizza 27 Lunch Orange Chicken w/rice 47 Pizza Sticks 41 Sweet Carrots 21 Seasoned Green Beans 6 Orange Wedges 12 Applesauce 15	3 Breakfast WG Breakfast Donut 41 Lunch Hamburger 28 Mac & Chz w/roll 44 Baked Beans 41 Lettuce/Tomato/Pickle/Onion 3 Mixed Berry Fruit Cup 22 Raisins 33	4 Breakfast Flapstick IW w/syrup 34 Lunch Domino's Pizza 28 Ckn & Chz Quesadilla 24 Glazed Swt Potatoes 45 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31	
	7 Breakfast Chicken Biscuit 35 Lunch Soft Taco 25 Chicken Nuggets w/roll 28 Cuban Black Beans 31 Seasoned Corn 17 Mixed Berry Fruit Cup 22 Sliced Peaches 14	8 Breakfast Cinnamon Roll 47 Lunch Pork Chop w/gvy & roll 30 Ckn Alfredo w/garlic Bread 41 Turnip Greens 3 Mashed Potatoes 13 Fruit Punch 14 Mixed Fruit 19	9 Breakfast SSG Breakfast Pizza 25 Lunch Breakfast for Lunch 15 Grilled Cheese Sandwich 36 Gold Rush Veg Juice Box 10 Potato Tots 16 Fresh Grapes 9 Baked Apples 31	10 Breakfast Dutch Waffle w/syrup 68 Lunch Country Style Stk w/gvy & roll 19 Hot Ham & Chz Croissant 30 Glazed Swt Potatoes 45 Lima Beans 18 Mandarin Oranges 26 Sliced Pears 18	11 Breakfast Strawberry Poptart IW 76 Lunch Pepperoni Pizza 30 Pulled Pork Sandwich 37 Sweet Carrots 21 Pinto Beans 24 Applesauce 15 Orange Juice 14
Breakfast Prices 2019 - 2020 Universal Breakfast - \$0.00 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50		Lunch Prices 2019 - 2020 Grades K - 5 - \$2.50 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00 Milk Only - \$0.50			
			Cost of Meals for October 2019 - (22 days) Breakfast Universal Breakfast - \$0.00 Reduced Rate - \$0.00		Lunch Grades K to 5 - \$55.00 Reduced Rate - \$8.80

<p>14</p> <p>Breakfast Sausage Biscuit 28</p> <p>Lunch Beef & Chz Nachos 10 Chicken & Waffle 62 Refried Beans 22 Vegetable Medley 4 Mixed Berry Fruit Cup 22 Sliced Peaches 18</p>	<p>15</p> <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Chicken Fillet Sandwich 41 Deli Turkey Sandwich 28 Steamed Broccoli 4 Scalloped Potatoes 4 Apple Crisp 60 Mixed Fruit 19</p>	<p>16</p> <p>Breakfast Breakfast Pizza 27</p> <p>Lunch Turkey Tetrazinni w/roll 50 Corn Dog 30 Roasted Baby Carrots 7 Seasoned Green Beans 6 Fresh Apple 26 Fruit Punch 14</p>	<p>17</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Cheeseburger 29 Chicken Fajita 26 Oven Fries 15 Baked Beans 41 Sliced Pears 18 Raisels 35</p>	<p>18</p> <p>Breakfast Flapstick IW w/syrup 34</p> <p>Lunch Domino's Pizza 28 Ckn Teriyaki w/rice & roll 91 Sweet Carrots 21 Seasoned Corn 17 Applesauce 15 Sliced Peaches 14</p>
<p>21</p>  <p>OPTIONAL TEACHER WORKDAY</p>	<p>22</p> <p>Breakfast Cinnamon Roll 47</p> <p>Lunch Hot Dog 30 Cr. Ckn Salad w/crackers 32 Potato Wedges 18 Tomato Juice 7 Sliced Peaches 14 Pineapple Tidbits 19</p>	<p>23</p> <p>Breakfast SSG Breakfast Pizza 25</p> <p>Lunch Orange Chicken w/rice 47 Pizza Sticks 41 Sweet Carrots 21 Seasoned Green Beans 6 Orange Wedges 12 Applesauce 15</p>	<p>24</p> <p>Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Hamburger 28 Mac & Chz w/roll 44 Baked Beans 41 Lettuce/Tomato/Pickle/Onion 3 Mixed Berry Fruit Cup 22 Raisins 33</p>	<p>25</p> <p>Breakfast Strawberry Poptart IW 76</p> <p>Lunch Pepperoni Pizza 30 Ckn & Chz Quesadilla 24 Glazed Swt Potatoes 45 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31</p>
<p>28</p> <p>BirthDay Monday! Breakfast Sausage Biscuit 28</p> <p>Lunch Soft Taco 25</p>  <p>Chicken Nuggets w/roll 28 Cuban Black Beans 31 Seasoned Corn 17 Mixed Berry Fruit Cup 22 Sliced Peaches 14</p>	<p>29</p> <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Pork Chop w/gvy & roll 30 Ckn Alfredo w/garlic Bread 41 Turnip Greens 3 Mashed Potatoes 13 Fruit Punch 14 Mixed Fruit 19</p>	<p>30</p> <p>Breakfast Breakfast Pizza 27</p> <p>Lunch Breakfast for Lunch 15 Grilled Cheese Sandwich 36 Gold Rush Veg Juice Box 10 Potato Tots 16 Fresh Grapes 9 Baked Apples 31</p>	<p>31</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Country Style Stk w/gvy & roll 19 Hot Ham & Chz Croissant 30 Glazed Swt Potatoes 45 Lima Beans 18 Mandarin Oranges 26 Sliced Peaches 18</p>	 <p>October 7th is the last day for previous year meal status. Students who have not turned in a new meal application for the 2019-2020 school year by this date will be moved to a full pay meal status until an application has been received and processed.</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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