
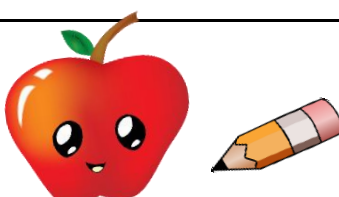





SEPTEMBER 2019 - Conover School - Breakfast / Lunch Menu

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	
<p>2</p> <p>NO SCHOOL HOLIDAY</p> 	<p>3</p> <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Chicken Fillet Sandwich 41 Beanie Weines w/roll 45 Steamed Broccoli 4 Mashed Potatoes 13 Apple Crisp 60 Mixed Fruit 19</p>	<p>4</p> <p>Breakfast Breakfast Pizza 27</p> <p>Lunch Turkey Tetrazinni w/roll 50 Deli Ham & Chz Sandwich 30 Sweet Carrots 21 Seasoned Green Beans 6 Applesauce 15 Fruit Punch 14</p>	<p>5</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Hamburger 29 Mac & Chz w/roll 44 Oven Fries 15 Seasoned Green Peas 16 Sliced Pears 18 Mandarin Oranges 26</p>	<p>6</p> <p>Breakfast Flapstick IW w/syrup 34</p> <p>Lunch Domino's Pizza 28 Tst Turkey & Chz Sandwich 35 Sweet Carrots 21 Vegetable Medley 4 Applesauce 15 Sliced Peaches 14</p>	
<p>9</p> <p>Breakfast Chicken Biscuit 35</p> <p>Lunch Spaghetti w/garlic bread 60 Deli Turkey & Chz Sandwich 28 Steamed Broccoli 4 Seasoned Corn 17 Mixed Berry Fruit Cup 22 Mixed Fruit 19</p>	<p>10</p> <p>Breakfast Cinnamon Roll 47</p> <p>Lunch Breakfast for Lunch 15 Grilled Cheese Sandwich 36 Gold Rush Veg Juice Box 10 Potato Tots 16 Sliced Peaches 14 Fruit Punch 14</p>	<p>11</p> <p>Breakfast SSG Breakfast Pizza 25</p> <p>Lunch Chicken Casserole w/roll 36 Cheese Sticks 41 Sweet Carrots 21 Seasoned Green Beans 6 Applesauce 15 Raisins 33</p>	<p>12</p> <p>Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Chicken Nuggets w/roll 28 Deli Ham & Chz Sandwich 30 Baked Beans 41 Oven Fries 15 Sliced Pears 18 Pineapple Tidbits 19</p>	<p>13</p> <p>Breakfast Breakfast Loaf IW 44/46</p> <p>Lunch Pepperoni Pizza 30 Pulled Pork Sandwich 37 Glazed Swt Potatoes 45 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31</p>	
<p>Breakfast Prices 2019 - 2020</p> <p>Universal Breakfast Free For All Students Entrée Only - \$1.00 Milk Only - \$0.50</p>		<p>Lunch Prices 2019 - 2020</p> <p>Grades K - 5 - \$2.50 Grades 6 - 12 - \$2.75 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00</p>		<p>Cost of Meals for September 2019 - (20 days)</p> <p>Breakfast Grades K to 12 - \$0.00 Reduced Rate - \$0.00</p> <p>Lunch Grades K to 5 - \$50.00 Grades 6 to 12 - \$55.00 Reduced Rate - \$8.00</p>	
					

<p>16</p> <p>Breakfast Sausage Biscuit 28</p> <p>Lunch Chicken & Waffle 62 Hot Dog 30 Baked Beans 41 Glazed Swt Potatoes 45 Mixed Berry Fruit Cup 22 Sliced Pears 18</p>	<p>17</p> <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Chicken Fillet Sandwich 41 Beanie Weines w/roll 45 Steamed Broccoli 4 Mashed Potatoes 13 Apple Crisp 60 Mixed Fruit 19</p>	<p>18</p> <p>Breakfast Breakfast Pizza 27</p> <p>Lunch Turkey Tetrazinni w/roll 50 Deli Ham & Chz Sandwich 30 Sweet Carrots 21 Seasoned Green Beans 6 Applesauce 15 Fruit Punch 14</p>	<p>19</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Hamburger 29 Mac & Chz w/roll 44 Oven Fries 15 Seasoned Green Peas 16 Sliced Pears 18 Mandarin Oranges 26</p>	<p>20</p> <p>Breakfast Flapstick IW w/syrup 34</p> <p>Lunch Domino's Pizza 28 Tst Turkey & Chz Sandwich 35 Sweet Carrots 21 Vegetable Medley 4 Applesauce 15 Sliced Peaches 14</p>	
<p>23</p> <p>Breakfast Chicken Biscuit 35</p> <p>Lunch Spaghetti w/garlic bread 60 Deli Turkey & Chz Sandwich 28 Steamed Broccoli 4 Seasoned Corn 17 Mixed Berry Fruit Cup 22 Mixed Fruit 19</p>	<p>24</p> <p>Breakfast Cinnamon Roll 47</p> <p>Lunch Breakfast for Lunch 15 Grilled Cheese Sandwich 36 Gold Rush Veg Juice Box 10 Potato Tots 16 Sliced Peaches 14 Fruit Punch 14</p>	<p>25</p> <p>Breakfast SSG Breakfast Pizza 25</p> <p>Lunch Chicken Casserole w/roll 36 Cheese Sticks 41 Sweet Carrots 21 Seasoned Green Beans 6 Applesauce 15 Raisins 33</p>	<p>26</p> <p>Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Chicken Nuggets w/roll Deli Ham & Chz Sandwich 30 Baked Beans 41 Oven Fries 15 Sliced Pears 18 Pineapple Tidbits 19</p> 	<p>27</p> <p>Nt'l Pep Pizza Day! Breakfast Breakfast Loaf IW 44/46</p> <p>Lunch Pepperoni Pizza 30 Pulled Pork Sandwich 37 Glazed Swt Potatoes 45 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31</p>	
<p>30</p> <p>Breakfast Sausage Biscuit 28</p> <p>Lunch Chicken & Waffle 62 Hot Dog 30 Baked Beans 41 Glazed Swt Potatoes 45 Mixed Berry Fruit Cup 22 Sliced Pears 18</p>	<p style="text-align: center;">Days to Remember</p> <p style="text-align: center;">Granparent's Day - Sunday September 8th - Please check with your child's individual school for Grandparent's Day Celebrations</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p style="text-align: center;">National Pepperoni Pizza Day! - Friday, September 27th</p>			<p style="text-align: center;">REMINDER TO PARENTS</p> <p style="text-align: center;"><i>A reminder to parents about Free/Reduced Meal Applications</i></p> <p>Meal Applications should be completed and returned as soon as possible. Meal status from the previous year only carries over for the first 30 days. If an application is not received within the 30 day period, your child will be placed to full pay status.</p>	
<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</p>					<p style="text-align: center;">"USDA is an equal opportunity provider and employer"</p>