



JANUARY 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 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 - × Assorted Cereal × Toast w/Jelly × Cinnamon Grahams × Yogurt × Juice × Fruit × Milk ×

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Dates to Remember</p> <p><u>Mon. 1/7/19</u> - Nt'l Bean Day!</p> <p><u>Fri. 1/11/19</u> - Nt'l Milk Day!</p> <p><u>Wed 1/30/19</u> - Nt'l croissant Day!</p>	<p>1</p> <p>HOLIDAY</p> <p>NO SCHOOL</p> <p>HAPPY NEW YEAR</p>	<p>2</p> <p>Breakfast</p> <p>Fr. Tst Sticks w/syrup 52</p> <p>Lunch</p> <p>Orange Chicken w/ rice 36</p> <p>Stuffed Cheesesticks 30</p> <p>Glazed Carrots 17</p> <p>Seasoned Green Beans 6</p> <p>Applesauce 15</p> <p>Sliced Pears 14</p>	<p>3</p> <p>Breakfast</p> <p>WG Breakfast Donut 41</p> <p>Lunch</p> <p>Hamburger 29</p> <p>Grilled Cheese Sandwich 30</p> <p>Baked Beans 39</p> <p>Spiral Fries 17</p> <p>Mixed Fruit 15</p> <p>Fruit Punch 14</p>	<p>4</p> <p>Breakfast</p> <p>Flapstick w/syrup 37</p> <p>Lunch</p> <p>Domino's Pizza 29</p> <p>Chicken Fajitas 26</p> <p>Potato Soup 44</p> <p>Vegetable Medley 4</p> <p>Baked Apples 28</p> <p>Raisels 34</p>
<p>7</p> <p>Nt'l Bean Day!</p> <p>Breakfast</p> <p>Chicken Biscuit 36</p> <p>Lunch</p> <p>Hot Dog 30</p> <p>Cr. Ckn Salad w/brdstx 38</p> <p>Potato Wedges 18</p> <p>Baked Beans 39</p> <p>Sliced Peaches 14</p> <p>Applesauce 15</p>	<p>8</p> <p>Breakfast</p> <p>Cinnamon Roll 53</p> <p>Lunch</p> <p>Beef & Cheese Nachos 21</p> <p>Chicken Casserole w/role 15</p> <p>Vegetable Medley 4</p> <p>Seasoned Corn 21</p> <p>Pineapple Tidbits 21</p> <p>Mixed Fruit 15</p>	<p>9</p> <p>Breakfast</p> <p>SSG Breakfast Pizza 24</p> <p>Lunch</p> <p>Turkey Tetrazzini w/roll 58</p> <p>Corn Dog 30</p> <p>Roasted Baby Carrots 7</p> <p>Seasoned Green Beans 6</p> <p>Raisins 34</p> <p>Applesauce 15</p>	<p>10</p> <p>Breakfast</p> <p>Breakfast Muffin IW 41</p> <p>Lunch</p> <p>Southwest Beef Fiestada 43</p> <p>Ham & Chz Quesadilla 27</p> <p>Steamed Broccoli 5</p> <p>Refried Beans 22</p> <p>Apple Crisp 57</p> <p>Fruit Punch 14</p>	<p>11</p> <p>Nt'l Milk Day!</p> <p>Breakfast</p> <p>Sausage & Chz Croissant 16</p> <p>Lunch</p> <p>Pepperoni Pizza 30</p> <p>Teriyaki Ckn w/rice & roll 49</p> <p>Glazed Carrots 17</p> <p>Chicken Tortilla Soup 46</p> <p>Sliced Pears 14</p> <p>Apple Juice 14</p>
<p>Breakfast Prices 2018-2019</p> <p>Grades K to 12 - \$1.25</p> <p>Reduced Rate - \$0.00</p> <p>Entrée Only - \$1.00</p> <p>Milk Only - \$0.50</p>	<p>Lunch Prices 2018-2019</p> <p>Grades K to 5 - \$2.50</p> <p>Grades 6 to 12 - \$2.75</p> <p>Reduced Rate - \$0.40</p> <p>Entrée Only - \$1.75 to \$2.00</p> <p>Milk Only - \$0.50</p>		<p>Cost of Meals for January 2019 - (18 days)</p> <p>Breakfast</p> <p>Grades K to 12 - \$22.50</p> <p>Reduced Rate - \$0.00</p> <p>Lunch</p> <p>Grades K to 5 - \$45.00</p> <p>Grades 6 to 12 - \$49.50</p> <p>Reduced Rate - \$7.60</p>	

<p>14</p> <p>Breakfast Pork Biscuit 36</p> <p>Lunch Spaghetti w/Brdstick 69 Deli Turkey & Chz Sandwich 30 Veggie Ranch Salad 2 Steamed Green Peas 22 Baked Apples 28 Mixed Fruit 19</p>	<p>15</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</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>16</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Breakfast for Lunch 15 Ckn & Chz Quesadilla 23 Potato Tots 16 Gold Rush Veg Juice Box 10 Raisins 34 Sliced Pears 14</p>	<p>17</p> <p>Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Country Style Steak w/roll 19 Chicken Alfredo w/roll 41 Lima Beans 18 Mashed Potatoes 15 Mandarin Oranges 26 Mixed Fruit 19</p>	<p>18</p> <p>Breakfast Pancake & Saus Sandwich IW 23</p> <p>Lunch Domino's Pizza 29 Beanie Weinies w/roll 48 Broccoli Soup 93 Glazed Carrots 17 Applesauce 15 Fruit Punch 14</p>
<p>21</p> <p>HOLIDAY NO SCHOOL</p> 	<p>22</p> <p>REQUIRED WORKDAY NO SCHOOL</p>	<p>23</p> <p>Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Spaghetti w/Brdstick 69 Deli Turkey & Chz Sandwich 30 Veggie Ranch Salad 2 Steamed Green Peas 22 Baked Apples 28 Mixed Fruit 19</p>	<p>24</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Breakfast for Lunch 15 Ckn & Chz Quesadilla 23 Potato Tots 16 Gold Rush Veg Juice Box 10 Applesauce 15 Sliced Pears 14</p>	<p>25</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Pepperoni Pizza 30 Chicken Fajitas 26 Seasoned Corn 21 Glazed Sweet Potatoes 45 Apple Juice 14 Mixed Fruit 19</p>
<p>28</p> <p>Breakfast Sausage Biscuit 28</p> <p>Lunch Lasagna w/breadstick 56 Stuffed Cheesesticks 30 Glazed Sweet Potatoes 45 Pinto Beans 15 Mixed Fruit 15 Applesauce 15</p>	<p>29</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Pork Chop & Gvy w/roll 39 Chicken & Dumplings w/roll Turnip Greens 0 Mashed Potatoes 15 Sliced Peaches 14 Apple Juice 14</p>	<p>30</p> <p>Nt'l Croissant Day! Breakfast Breakfast Pizza 26</p> <p>Lunch Orange Chicken w/ rice 36 Hot Ham & Chz Croissant 30 Glazed Carrots 17 Seasoned Green Beans 6 Mandarin Oranges 26 Sliced Pears 14</p>	<p>31</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Hamburger 29 Grilled Cheese Sandwich 30 Baked Beans 39 Spiral Fries 17 Mixed Fruit 15 Fruit Punch 14</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

USDA is an equal opportunity provider and employer'