

FEBRUARY 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 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 | |
|--|---|---|---|---|--|
|  | Dates to Remember  Friday, Feb 1st - National Homemade Soup Day! Friday, Feb 8th - National Pizza Day!   Wednesday, Feb 13th - 1/2 day of School - Early Dismissal Thursday, Feb 14th - Happy Valentine's Day! Valentine's Fruit Freeze served!   Monday, Feb 25th - Birthday Monday! | | | 1 Nt'l Homemade Soup Day! Breakfast Flapstick w/syrup 37 Lunch Domino's Pizza 29 Chicken Fajitas 26 Potato Soup 44 Vegetable Medley 4 Baked Apples 28 Raisels 35 | |
| | 4 Breakfast Chicken Biscuit 35 Lunch Hot Dog 30 Cr. Chicken Salad w/Brdstick 38 Potato Wedges 18 Baked Beans 39 Sliced Peaches 14 Banana 12 | 5 Breakfast Cinnamon Roll 53 Lunch Beef & Cheese Nachos 19 Chicken Casserole w/roll 15 Vegetable Medley 4 Seasoned Corn 21 Mixed Fruit 19 Frozen Fruit Cup 21 | 6 Breakfast SSG Breakfast Pizza 24 Lunch Turkey Tetrizzini w/roll 58 Corn Dog 30 Roasted Baby Carrots 7 Seasoned Green Beans 6 Raisins 34 Applesauce 15 | 7 Breakfast Breakfast Muffin IW 41 Lunch Southwest Beef Fiestada 43 Ham & Cheese Quesadilla Steamed Broccoli 5 Refried Beans 22 Apple Crisp 57 Fruit Punch 14 | 8 Nt'l Pizza Day! Breakfast Sausage & Chz Croissant 16 Lunch Pepperoni Pizza 30 Teriyaki Ckn w/rice & roll 49 Glazed Carrots 17 Chicken Tortilla Soup 46 Sliced Pears 14 Apple Juice 14 |
| Breakfast Prices 2018-2019 | |  | | Cost of Meals for February 2019 - (19 days) | |
| Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50 | | | | Breakfast Grades K to 12 - \$23.75 Reduced Rate - \$0.00 | |
| Lunch Prices 2018-2019 | | Breakfast | | Lunch | |
| Grades K to 5 - \$2.50 Reduced Rate -\$0.40 Entrée Only - \$1.75 to \$2.00 Milk Only - \$0.50 | | Grades K to 12 - \$23.75 Reduced Rate - \$0.00 | | Grades K to 5 - \$47.50 Reduced Rate - \$7.60 | |

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| <p>11</p> <p>Breakfast Pork Biscuit 36</p> <p>Lunch Spaghetti w/Brdstick 69 Deli Turkey Sandwich 30 Veggie Ranch Salad 3 Steamed Green Peas 22 Baked Apples 28 Mixed Fruit 19</p> | <p>12</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Breakfast for Lunch 14 Ckn & Chz Quesadilla 24 Potato Tots 16 Gold Rush Juice Box 10 Fresh Grapes 9 Sliced Pears 14</p> | <p>13 1/2 day - Early Dismissal</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>14 Happy Valentine's Day!</p> <p>Breakfast Dutch Waffle 51</p> <p>Lunch Country Style Steak w/roll 19 Chicken Alfredo w/roll 41 Lima Beans 18 Mashed Potatoes 15 Mandarin Oranges 26 Valentine's Fruit Freeze 19</p> | <p>15</p> <p>Breakfast Pancake & Sausage Sandwich 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>18</p> <p>Breakfast Sausage Biscuit 28</p> <p>Lunch Lasagna w/breadstick 56 Hot Ham & Chz Croissant 30 Carrot Chips w/dip 13 Pinto Beans 15 Frozen Fruit Cup 21 Applesauce 15</p> | <p>19</p> <p>Breakfast Fr. Tst Sticks w/syrup 52</p> <p>Lunch Pork Chop & Gvy w/roll 39 Chicken & Dumplings w/roll 57 Turnip Greens 0 Mashed Potatoes 15 Sliced Peaches 14 Apple Juice 14</p> | <p>20</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Orange Chicken w/rice 36 Stuffed Cheesesticks 30 Glazed Carrots 17 Seasoned Green Beans 6 Orange Wedges 12 Sliced Pears 14</p> | <p>21</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Hamburger 29 Grilled Cheese Sandwich 30 Baked Beans 39 Spiral Fries 17 Sweet Blueberries 22 Fruit Punch 14</p> | <p>22</p> <p>NO SCHOOL TEACHER WORKDAY</p>  |
| <p>25 Birthday Monday!</p> <p>Breakfast Chicken Biscuit 35</p> <p>Lunch Hot Dog 30 Cr. Chicken Salad w/Brdstick 38 Potato Wedges 18 Baked Beans 39 Sliced Peaches 14 Banana 12</p>  | <p>26</p> <p>Breakfast Cinnamon Roll 53</p> <p>Lunch Beef & Cheese Nachos 19 Chicken Casserole w/roll 15 Vegetable Medley 4 Seasoned Corn 21 Mixed Fruit 19 Frozen Fruit Cup 21</p> | <p>27</p> <p>Breakfast SSG Breakfast Pizza 24</p> <p>Lunch Turkey Tetrizzini w/roll 58 Corn Dog 30 Roasted Baby Carrots 7 Seasoned Green Beans 6 Raisins 34 Applesauce 15</p> | <p>28</p> <p>Breakfast Breakfast Muffin IW 41</p> <p>Lunch Southwest Beef Fiestada 43 Ham & Cheese Quesadilla Steamed Broccoli 5 Refried Beans 22 Apple Crisp 57 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

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