



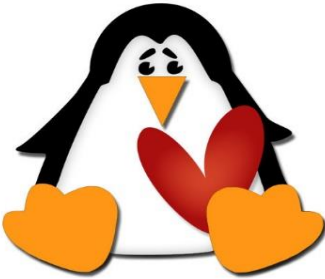
# FEBRUARY 2019 - NC Middle School - Breakfast / Lunch Menu

## 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 -** \* Muffins \* Poptarts \* Assorted Cereal \* Toast w/Jelly \* Yogurt \* Juice \* Fruit \* Milk \*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>Dates to Remember</b>  <b>Friday, Feb 1st</b> - National Homemade Soup Day!  <b>Friday, Feb 8th</b> - National Pizza Day!    <b>Wednesday, Feb 13th</b> - 1/2 day of School - Early Dismissal  <b>Thursday, Feb 14th</b> - Happy Valentine's Day! Valentine's Fruit Freeze served!    <b>Monday, Feb 25th</b> - Birthday Monday!			<b>1 Nt'l Homemade Soup Day! Breakfast</b> Flapstick w/syrup 37  <b>Lunch</b> Domino's Pizza 29 Chicken Fajitas 26 Potato Soup 44 Vegetable Medley 4 Baked Apples 28 Raisels 35	
	<b>4 Breakfast</b> Chicken Biscuit 35  <b>Lunch</b> Hot Dog 30 Cr. Chicken Salad w/Brdstick 38 Potato Wedges 18 Baked Beans 39 Sliced Peaches 14 Banana 12	<b>5 Breakfast</b> Cinnamon Roll 53  <b>Lunch</b> Beef & Cheese Nachos 19 Chicken Casserole w/roll 15 Vegetable Medley 4 Seasoned Corn 21 Mixed Fruit 19 Frozen Fruit Cup 21	<b>6 Breakfast</b> SSG Breakfast Pizza 24  <b>Lunch</b> Turkey Tetrizzini w/roll 58 Corn Dog 30 Roasted Baby Carrots 7 Seasoned Green Beans 6 Raisins 34 Applesauce 15	<b>7 Breakfast</b> Fr. Tst Sticks w/syrup 52  <b>Lunch</b> Southwest Beef Fiestada 43 Ham & Cheese Quesadilla Steamed Broccoli 5 Refried Beans 22 Apple Crisp 57 Fruit Punch 14	<b>8 Nt'l Pizza Day! Breakfast</b> Sausage & Chz Croissant 28  <b>Lunch</b> Pepperoni Pizza 30 Teriyaki Ckn w/rice & roll 49 Glazed Carrots 17 Chicken Tortilla Soup 46 Sliced Pears 14 Apple Juice 14
<b>Breakfast Prices 2018-2019</b>				<b>Cost of Meals for February 2019 - (19 days)</b>	
Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50				<b>Breakfast</b> Grades K to 12 - \$23.75 Reduced Rate - \$0.00	
<b>Lunch Prices 2018-2019</b>		<b>Breakfast</b>		<b>Lunch</b>	
Grades 6 to 12 - \$2.75 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 6 to 12 - \$52.25 Reduced Rate - \$7.60	

<p>11</p> <p><b>Breakfast</b> Pork Biscuit 36</p> <p><b>Lunch</b> Spaghetti w/Brdstick 69 Deli Turkey Sandwich 30 Veggie Ranch Salad 3 Steamed Green Peas 22 Frozen Fruit Cup 21 Mixed Fruit 19</p>	<p>12</p> <p><b>Breakfast</b> Cinnabar 45</p> <p><b>Lunch</b> Breakfast for Lunch 14 Ckn &amp; Chz Quesadilla 24 Potato Tots 16 Gold Rush Juice Box 10 Fresh Grapes 9 Sliced Pears 14</p>	<p>13</p> <p><b>1/2 day - Early Dismissal Breakfast</b> Breakfast Pizza 26</p> <p><b>Lunch</b> Chicken Fillet Sandwich 43 Macaroni &amp; Cheese 65 Glazed Sweet Potatoes 45 Baked Beans 39 Sliced Peaches 14 Apple Juice 14</p>	<p>14</p> <p><b>Happy Valentine's Day! Breakfast</b> Fr. Tst Sticks w/syrup 52</p> <p><b>Lunch</b> Country Style Steak w/roll 19 Chicken Alfredo w/roll 41 Lima Beans 18 Mashed Potatoes 15 Sweet Blueberries 22 Valentine's Fruit Freeze 19</p>	<p>15</p> <p><b>Breakfast</b> Pancake &amp; Sausage Sandwich 23</p> <p><b>Lunch</b> 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><b>Breakfast</b> Sausage Biscuit 28</p> <p><b>Lunch</b> Lasagna w/breadstick 56 Hot Ham &amp; Chz Croissant 30 Carrot Chips w/dip 13 Pinto Beans 15 Frozen Fruit Cup 21 Applesauce 15</p>	<p>19</p> <p><b>Breakfast</b> Fr. Tst Sticks w/syrup 52</p> <p><b>Lunch</b> Pork Chop &amp; Gvy w/roll 39 Chicken &amp; Dumplings w/roll 57 Turnip Greens 0 Mashed Potatoes 15 Sliced Peaches 14 Apple Juice 14</p>	<p>20</p> <p><b>Breakfast</b> Breakfast Pizza 26</p> <p><b>Lunch</b> 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><b>Breakfast</b> WG Breakfast Donut 41</p> <p><b>Lunch</b> Hamburger/Chzburger 29/30 Grilled Cheese Sandwich 30 Baked Beans 39 Spiral Fries 17 Sweet Blueberries 22 Fruit Punch 14</p>	<p>22</p> <p><b>NO SCHOOL TEACHER WORKDAY</b></p> 
<p>25</p> <p><b>Birthday Monday! Breakfast</b> Chicken Biscuit 35</p> <p><b>Lunch</b> Hot Dog 30 Grilled Ckn Salad w/Brdstick 38 Potato Wedges 18 Baked Beans 39 Sliced Peaches 14 Banana 12</p> 	<p>26</p> <p><b>Breakfast</b> Cinnamon Roll 53</p> <p><b>Lunch</b> Beef &amp; 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><b>Breakfast</b> SSG Breakfast Pizza 24</p> <p><b>Lunch</b> Turkey Tetrizzini w/roll 58 BBQ Pork Sandwich 27 Roasted Baby Carrots 7 Seasoned Green Beans 6 Raisins 34 Applesauce 15</p>	<p>28</p> <p><b>Breakfast</b> Fr. Tst Sticks w/syrup 52</p> <p><b>Lunch</b> Beefaroni w/roll 44 Ham &amp; Cheese Quesadilla Steamed Broccoli 5 Refried Beans 22 Blueberry Crisp 57 Fruit Punch 14</p>	

Menus, Nutrition, and Allergen Information can be found on our system website: [www.newton-conover.org](http://www.newton-conover.org) - Menus are subject to change - Notice is given when possible

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