







March 2020 - 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 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 * Poptarts * Breakfast Loaf * Fruit * Juice * Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast Sausage Biscuit 28 Lunch Walkin' Taco 34 Tst Turkey & Chz Sandwich 35 Cuban Black Beans 31 Seasoned Corn 17 USDA Fruit Cup 19/22 Sliced Peaches 14	3 Breakfast Fr Tst Sticks w/syrup 55 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	4 Breakfast Breakfast Pizza 27 Lunch Breakfast for Lunch 15 Hot Ham & Chz Croissant 30 Gold Rush Veg Juice Box 10 Potato Tots 16 Sweet Blueberries 22 Baked Apples 31	5 Breakfast WG Breakfast Donut 41 Lunch Hamburger 28 Chicken Casserole w/roll 36 Glazed Swt Potatoes 45 Seasoned Green Beans 6 Mandarin Oranges 26 Sliced Pears 18	6 Breakfast Flapstick IW w/syrup 34 Lunch Dominos Pizza 28 Pulled Pork Sandwich 37 Fish Sandwich 39 Sweet Carrots 21 Pinto Beans 24 Applesauce 15 Orange Juice 14
9 Breakfast Chicken Biscuit 35 Lunch Beef & Chz Nachos 20 Deli Turk Sandwich 28 Refried Beans 22 Vegetable Medley 4 USDA Fruit Cup 19/22 Pears 18	10 Breakfast Cinnamon Roll 47 Lunch Chicken Fillet Sandwich 41 Ham & Chz Quesadilla 27 Steamed Broccoli 4 Scalloped Potatoes 4 Apple Crisp 60 Mixed Fruit 19	11 Breakfast SSG Breakfast Pizza 25 Lunch Turkey Tetrazinni w/roll 50 Corn Dog 30 Roasted Baby Carrots 7 Seasoned Green Beans 6 Fresh Apple 26 Fruit Punch 14	12 Breakfast Dutch Waffle w/syrup 68 Lunch Cheeseburger 29 Ckn & Chz Quesadilla 24 Oven Fries 15 Baked Beans 41 Sliced Pears 18 Raisels 35	13 
Breakfast Prices 2019 - 2020	Lunch Prices 2019 - 2020		Cost of Meals for March 2020 - (20 days)	
Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50	Grades 6-12- \$2.75 Reduced Rate - \$0.40 Entrée Only - \$1.75 to \$2.00 Milk Only - \$0.50		Breakfast Grades K to 12 - \$25.00 Reduced Rate - \$0.00	Lunch Grades K to 5 - \$55.00 Reduced Rate - \$8.00

<p>16</p> 	<p>17</p>  <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Spaghetti w/garlic bread 60 Hot Dog 30 Steamed Broccoli 4 Seasoned Green Peas 16 Sliced Peaches 14 Mixed Fruit 19</p>	<p>18</p> <p>Breakfast Breakfast Pizza 27</p> <p>Lunch Orange Chicken w/rice 47 BBQ Rib Sandwich 43 Sweet Carrots 21 Seasoned Green Beans 6 Orange Wedges 12 Applesauce 15</p>	<p>19</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Cntry Style Stk w/gvy & roll 19 Mac & Chz w/roll 44 Baked Beans 41 Mashed Potatoes 13 USDA Fruit Cup 19/22 Raisins 33</p>	<p>20</p> <p>Breakfast Flapstick IW w/syrup 34</p> <p>Lunch Dominos Pizza 28 Chicken Fajita 26 Fish Sandwich 39 Glazed Swt Potatoes 45 Vegetable Medley 4 Fruit Punch 14 Baked Apples 31</p>
<p>23</p> <p>Breakfast Chicken Biscuit 35</p> <p>Lunch Walkin' Taco 34 Tst Turkey & Chz Sandwich 35 Cuban Black Beans 31 Seasoned Corn 17 USDA Fruit Cup 19/22 Sliced Peaches 14</p>	<p>24</p> <p>Breakfast Cinnamon Roll 47</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>25</p> <p>Breakfast SSG Breakfast Pizza 25</p> <p>Lunch Breakfast for Lunch 15 Hot Ham & Chz Croissant 30 Gold Rush Veg Juice Box 10 Potato Tots 16 Sweet Blueberries 22 Baked Apples 31</p>	<p>26</p> <p>Breakfast Dutch Waffle w/syrup 68</p> <p>Lunch Hamburger 28 Chicken Casserole w/roll 36 Glazed Swt Potatoes 45 Seasoned Green Beans 6 Mandarin Oranges 26 Sliced Pears 18</p>	<p>27</p> <p>Breakfast Sauage & Chz Croissant 76</p> <p>Lunch Pepperoni Pizza 30 Pulled Pork Sandwich 37 Fish Sandwich 39 Sweet Carrots 21 Pinto Beans 24 Applesauce 15 Orange Juice 14</p>
<p>30</p> <p>Birthday Monday! Breakfast Sausage Biscuit 28</p> <p>Lunch Beef & Chz Nachos 20 Deli Turk Sandwich 28 Refried Beans 22 Vegetable Medley 4 USDA Fruit Cup 19/22 Pears 18</p> 	<p>31</p> <p>Breakfast Fr Tst Sticks w/syrup 55</p> <p>Lunch Chicken Fillet Sandwich 41 Ham & Chz Quesadilla 27 Steamed Broccoli 4 Scalloped Potatoes 4 Apple Crisp 60 Mixed Fruit 19</p>		 <p>3/13 & 3/16 Workdays 3/17 Saint Patrick's Day 3/30 Birthday Monday</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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