


MAY 2018 - NC High / Discovery High - 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 - × Poptarts × Assorted Cereal × Toast w/Jelly × Yogurt × Juice × Fruit × Milk ×

Breakfast Prices 2017-2018		Lunch Prices 2017-2018			Cost of Meals for May 2018 - (22 days)	
Grades K to 12 - \$1.25 Reduced Rate - \$0.00 Entrée Only - \$1.00 Milk Only - \$0.50		Grades 6 to 12 - \$2.75 Reduced Rate - \$0.40 Entrée Only - \$1.75 Milk Only - \$0.50			Breakfast	Lunch
		1 School Principal's Day! Breakfast Breakfast Pizza 26 Lunch Pork Chop w/gvy & roll 54 Buffalo Ckn Salad w/Brdstx 36 Turnip Greens 0 Mashed Potatoes 15 Mixed Fruit 19 Apple Juice 14	2 Breakfast WG Breakfast Donut 41 Lunch Ckn & Chz Quesadilla 27 Glazed Ham & Chz Croissant 36 Sweet Potato Fries 12 Steamed Broccoli 5 Sliced Pears 14 Baked Apples 28	3 Breakfast Fr Tst Sticks w/syrup 52 Lunch Soft Taco 36 Buffalo Chicken Wrap 31 Refried Beans 22 Steamed Green Peas 22 Sliced Peaches 14 Sweet Apple Slices 13	4 School Lunch Hero Day! Breakfast Sausage Biscuit 29 Lunch Dominos Pizza 29 Grilled Cheese Sandwich 30 Vegetable Medley 4 Glazed Carrots 17 Applesauce 15 Raisins 34	
7 Breakfast Pork Biscuit 37 Lunch Country Style Steak w/roll 37 Buffalo Ckn Flatbread Pizza 31 Pinto Beans 15 Mashed Potatoes 15 Fruit Punch 14 Applesauce 15	8 Breakfast Flapstick w/syrup 37 Lunch Hot Dog 31 Cr Ckn Salad w/Brdstk 42 Baked Beans 39 Potato Wedges 18 Sliced Peaches 14 Banana 12	9 Breakfast SSG Breakfast Pizza 24 Lunch Turkey Tetrazzini w/roll 73 Chicken Fajita 35 Roasted Baby Carrots 7 Seasoned Green Beans 6 Fresh Apple 26 Mixed Fruit 19	10 Breakfast Dutch Waffle 68 Lunch Southwest Beef Fiestada 43 General Tso Ckn Ckn w/rice 44 Glazed Carrots 17 Steamed Green Peas 22 Apple Crisp 57 Sliced Pears 14	11 Breakfast Chicken Biscuit 36 Lunch Dominos Pizza 29 Pulled Pork Sandwich 27 Steamed Broccoli 5 Sweet Potato Fries 12 Baked Apples 28 Raisels 35		

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>14</p> <p>Breakfast Sausage Biscuit 29</p> <p>Lunch Stuffed Cheese Sticks 30 Taco Salad w/Corn Chips 52 Seasoned Corn 21 Fresh Broccoli & Carrots w/dip 5 Frozen Fruit Cup 21 Apple Juice 14</p>	<p>15</p> <p>Breakfast Cinnamon Roll 53</p> <p>Lunch Chicken Fillet Sandwich 43 Steak & Cheese Flatbread 30 Steamed Broccoli 5 Veggie Ranch Salad 2 Sweet Apple Slices 13 Mixed Fruit 19</p>	<p>16</p> <p>Breakfast Fr Tst Sticks w/syrup 52</p> <p>Lunch Breakfast for Lunch 28 Cuban Sandwich 35 Carrot Chips w/Dip 9 Potato Tots 16 Fresh Grapes 9 Fruit Punch 14</p>	<p>17</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Hamburger 29 Pork Carnitas 32 Baked Beans 39 Lettuce/Tom/Pickle/Onion 3 Baked Apples 28 Sliced Peaches 14</p>	<p>18</p> <p>Breakfast Pork Biscuit 37</p> <p>Lunch Dominos Pizza 29 Corn Dog 30 Scalloped Potatoes 18 Glazed Carrots 17 Mandarin Oranges 26 Sliced Pears 14</p>
<p>21</p> <p>Breakfast Chicken Biscuit 36</p> <p>Lunch Baked Ziti w/Breadstick 74 Chicken Parmesan Sandwich 55 Veggie Ranch Salad 2 Seasoned Green Beans 6 Frozen Fruit Cup 21 Pineapple Tidbits 22</p>	<p>22</p> <p>Breakfast Breakfast Pizza 26</p> <p>Lunch Pork Chop w/gvy & roll 54 Buffalo Ckn Salad w/Brdstx 36 Turnip Greens 0 Mashed Potatoes 15 Mixed Fruit 19 Apple Juice 14</p>	<p>23</p> <p>Breakfast WG Breakfast Donut 41</p> <p>Lunch Ckn & Chz Quesadilla 27 Glazed Ham & Chz Croissant 36 Sweet Potato Fries 12 Steamed Broccoli 5 Sliced Pears 14 Baked Apples 28</p>	<p>24</p> <p>Breakfast Fr Tst Sticks w/syrup 52</p> <p>Lunch Soft Taco 36 Buffalo Chicken Wrap 31 Refried Beans 22 Steamed Green Peas 22 Sliced Peaches 14 Sweet Apple Slices 13</p>	<p>25</p> <p>Breakfast Sausage Biscuit 29</p> <p>Lunch Dominos Pizza 29 Grilled Cheese Sandwich 30 Vegetable Medley 4 Glazed Carrots 17 Applesauce 15 Raisins 34</p>
<p>28</p> <p>NO SCHOOL HOLIDAY</p> 	<p>29</p> <p>N'tl Hamburger Day!</p> <p>Breakfast Flapstick w/syrup 37</p> <p>Lunch</p>  <p>Hamburger 29 Pork Carnitas 32 Baked Beans 39 Lettuce/Tom/Pickle/Onion 3 Baked Apples 28 Sliced Peaches 14</p>	<p>30</p> <p>Breakfast SSG Breakfast Pizza 24</p> <p>Lunch Turkey Tetrizzini w/roll 73 Glazed Ham & Chz Croissant 36 Roasted Baby Carrots 7 Seasoned Green Beans 6 Frozen Fruit Cup 21 Mixed Fruit 19</p>	<p>31</p> <p>Breakfast Dutch Waffle 68</p> <p>Lunch Ckn & Chz Quesadilla 27 Cuban Sandwich 35 Seasoned Corn 21 Steamed Green Peas 22 Sliced Pears 14 Fresh Grapes 9</p>	<p>Don't forget to wish and thank the following staff for all they do!</p> <p>Monday, May 1st - N'tl School Principal's Day!</p> <p>Friday, May 4th - N'tl School Lunch Hero Day!</p>