



# Northern Tioga Middle Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Choose One Mashed Potato Bowl w/ Biscuit Popcorn Chicken / Biscuit Ham/Turkey Hoagie Cheese Pizza Choose Up To Four Veggie Bar - Any Corn Pineapple or Fresh Fruit	2 Choose One Egg / Pancakes / Sausage Italian Sausage on Pretzel Bun Cheese Pizza Choose Up to Five Hash Browns Baby Carrots Hot Apples or Juice	3 Choose One Stuffed Crust Pizza Fish Sandwich Chefs Salad w/ Roll Choose Up To Four Veggie Bar-Broccoli Green Beans Pears or Fruit Juice	4 Choose one Chili Bowl with Chips Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Soft Pretzel Baked Potato Veggie Bar - Any Peaches or Fresh Fruit	5 No School Today	<i>Cal</i> 701 <i>T.Fat</i> 20.62 G <i>S.Fat</i> 6.6 G <i>Chol</i> 43.0 Mg <i>Sodm</i> 1281.59 Mg <i>Carb</i> 101.20 G <i>Fiber</i> 7.9 G <i>Prtn</i> 30.18 G <i>Iron</i> 4.87 Mg <i>Calc</i> 630.80 Mg <i>Vit A</i> 3.44 RE
8 No School Today  1% milk & fat free flavored milk is offered at lunch and breakfast.	9 Choose One Chicken / Potato/ Gravy BBQ Pork on Bun Pizza Burger/ Cheese / Bun Choose Up to Five Biscuit / oleo Peas Veggie Bar- Baby carrots Pineapple or	10 Choose One Cheese Pizza Corn Dog BBQ Pork on Bun Chefs Salad w/ Roll Burger/ Cheese / Bun Choose Up To Four Romaine Lettuce Blend/Dr Veggie Bar- Baked Beans	11 Choose One Pork Taco Burger/ Cheese / Bun Pizza Pulled Pork on Bun Choose Up to Six Corn Veggie Bar Tomatoes Soft Pretzel Applesauce or Fresh Fruit	12 Choose One Chicken Caesar w/ Breadstick Chicken Sticks w/ Breadstick Pizza Tuna & Pasta Choose Up To Four Glazed Carrots Veggie Bar - Any Mand. Oranges or Frozen Juice Cup	<i>Cal</i> 664 <i>T.Fat</i> 18.13 G <i>S.Fat</i> 5.7 G <i>Chol</i> 47.5 Mg <i>Sodm</i> 1198.89 Mg <i>Carb</i> 93.61 G <i>Fiber</i> 9.1 G <i>Prtn</i> 33.79 G <i>Iron</i> 5.10 Mg <i>Calc</i> 535.31 Mg <i>Vit A</i> 9.10 RE
15 Choose One Lasagna Burger/ Cheese / Bun Ham/Turkey Hoagie Pizza Choose Up to Five Garlic Breadstick Green Beans Veggie Bar-Broccoli Peaches or Fresh Fruit	16 Choose One Sloppy Joe on Bun Texas Hot Ham & Cheese on bun Cheese Pizza Choose Up To Four Oven Fries Veggie Bar- Baby carrots Applesauce or Fresh Fruit	17 Choose One French Bread Pizza Burger/ Cheese / Bun Corn Dog Cheese Steak/ Bun Choose Up to Five Broccoli w/Cheese Veggie Bar - Any Pepper & Onion Strips Pears or Fruit Juice Pudding Cup	18 Choose One Chicken Fajitas Hot Italian Sausage on Bun Cheese Pizza Ham & Cheese / Pretzel Bun Choose Up to Five Pasta Salad Veggie Bar Tomatoes Applesauce or Fresh Fruit	19 Choose One Fish Nugget w/ Mac & Cheese/Roll Mac & Cheese/ Roll Pizza Ham/Turkey Hoagie Burger/ Cheese / Bun Choose Up To Four Peas Coleslaw Peaches or Frozen Juice Cup	<i>Cal</i> 649 <i>T.Fat</i> 18.39 G <i>S.Fat</i> 6.8 G <i>Chol</i> 55.6 Mg <i>Sodm</i> 1326.61 Mg <i>Carb</i> 89.35 G <i>Fiber</i> 8.8 G <i>Prtn</i> 33.79 G <i>Iron</i> 4.80 Mg <i>Calc</i> 639.07 Mg <i>Vit A</i> 6.42 RE
22 Choose One Pierogies / Sausage BBQ Rib Sandwich Italian Hoagie Pizza Choose Up To Four Peas Veggie Bar- hummus Tortilla Chips Peaches or Fresh Fruit	23 Choose One Stromboli Pulled Pork on bun Ham/Turkey Hoagie Choose Up To Four Glazed Carrots Veggie Bar - Any Mixed fruit or fresh fruit	24 Choose One Chicken Ranch Pizza Burger/ Cheese / Bun Cheese Steak/ Bun Chefs Salad w/ Roll Choose Up To Four Romaine Lettuce Blend/Dr Veggie Bar - Any Pepper & Onion Strips Pears or Fruit Juice	25 Choose One Walking Pork Taco Burger/ Cheese / Bun Pizza Cheese Steak/ Bun Choose Up to Six Pepper & Onion Strips Corn Veggie Bar - Any Soft Pretzel Applesauce or Fresh Fruit	26 Choose One Build A Sub Meat Ravioli w/ rolls Fish Sandwich Cheese Pizza Choose Up To Four Sweet Potato Crinkles Veggie Bar - Any Pineapple or Frozen Juice Cup	<i>Cal</i> 692 <i>T.Fat</i> 20.13 G <i>S.Fat</i> 5.7 G <i>Chol</i> 47.0 Mg <i>Sodm</i> 1268.51 Mg <i>Carb</i> 95.26 G <i>Fiber</i> 8.7 G <i>Prtn</i> 34.35 G <i>Iron</i> 4.42 Mg <i>Calc</i> 571.17 Mg <i>Vit A</i> 7.15 RE
29 No School Today  	30 Choose One Beef / Gravy/Potatoes Meat Ravioli Ham & Cheese / Pretzel Bun Pizza Tuna Salad Sub Choose Up to Five Roll / Oleo Peas Veggie Bar-Broccoli Peaches or Fresh Fruit	31 Bag Lunch Day Choose one Burger/ Cheese / Bun Pizza Choose Up to Six Baby Carrots Celery Sticks Peaches or Juice Popcorn Sugar Cookie			<i>Cal</i> 613 <i>T.Fat</i> 18.68 G <i>S.Fat</i> 5.9 G <i>Chol</i> 41.3 Mg <i>Sodm</i> 1049.43 Mg <i>Carb</i> 81.79 G <i>Fiber</i> 7.5 G <i>Prtn</i> 29.50 G <i>Iron</i> 4.83 Mg <i>Calc</i> 510.63 Mg <i>Vit A</i> 6.31 RE