



1% plain & flavored milk is offered at lunch and breakfast.

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|--|--|--|--|--|--|
| <p>1 No School Today</p> <p>Northern Tioga Middle Schools Lunch</p> | <p>2 Choose One Mashed Potato Bowl w/ roll Popcorn Chicken / Roll BBQ Rib Sandwich Cheese Pizza Choose Up To Four Veggie Bar Baby carrots Corn Peaches or Fresh Fruit</p> | <p>3 Choose One Chicken Ranch Pizza Chicken Nuggets, Roll Chef's Salad w/ Roll Choose Up To Four Broccoli w/Cheese Veggie Bar - Any Croutons Pineapple or Fresh Fruit</p> | <p>4 Choose One Walking Pork Taco Burger/ Cheese / Bun Pizza Ham & Cheese / Pretzel Bun Choose Up to Five Corn Refried Beans Soft Pretzel Applesauce or Fresh Fruit</p> | <p>5 Choose One Chicken Caesar w/ Breadstick Chicken Sticks w/ Breadstick Pizza Fish Sticks w/ roll Choose Up To Four Glazed Carrots Veggie Bar - Any Mand. Oranges or Fruit Juice</p> | <p>Cal 667 T.Fat 20.43 G S.Fat 5.9 G Chol 51.6 Mg Sodm 1166.62 Mg Carb 90.64 G Fiber 8.3 G Prtn 33.37 G Iron 4.27 Mg Calc 532.35 Mg Vit A 23.86 RE Vit C 51.04 Mg</p> |
| <p>8 Choose One Spaghetti w/ meatballs Burger/ Cheese / Bun Ham/Turkey Hoagie Pizza Choose Up to Five Garlic Breadstick Green Beans Veggie Bar Red pepper Peaches or Fresh Fruit</p> | <p>9 Choose One Egg / Pancakes / Sausage Ham/Turkey Hoagie Cheese Pizza Choose Up To Four Hash Browns Baby Carrots Hot Apples or Juice</p> | <p>10 Choose One Stuffed Crust Pizza Corn Dog Fish Sticks w/ roll Chef's Salad w/ Roll Choose Up to Five Baked Beans Veggie Bar - Any Pineapple or Fresh Fruit</p> | <p>11 Choose one Chili Bowl with Chips Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Soft Pretzel Baked Potato Veggie Bar-Broccoli Applesauce or Fresh Fruit</p> | <p>12 Bag Lunch Day Choose one Chicken Patty/Bun Pizza Choose Up to Five Baby Carrots Celery Sticks Peaches or Juice Chocolate Chip Cookie</p> | <p>Cal 689 T.Fat 20.94 G S.Fat 7.0 G Chol 54.6 Mg Sodm 1343.60 Mg Carb 94.93 G Fiber 8.5 G Prtn 31.80 G Iron 5.39 Mg Calc 619.80 Mg Vit A 22.65 RE Vit C 36.84 Mg</p> |
| <p>15 No School Today</p>  | <p>16 Choose One Toasted Cheese BBQ Rib Sandwich Ham/Turkey Hoagie Pizza Choose Up to Five Tomato Soup Crackers Veggie Bar Red pepper Pears or Fruit Juice</p> | <p>17 Choose One French Bread Pizza Italian Hoagie Burger/ Cheese / Bun Pizza Choose Up To Four Broccoli w/Cheese Veggie Bar - Any Mixed Fruit or Fruit Juice</p> | <p>18 Choose One Walking Pork Taco Burger/ Cheese / Bun Pizza Ham & Cheese / Pretzel Bun Choose Up to Five Corn Veggie Bar Baby carrots Soft Pretzel Applesauce or Fresh Fruit</p> | <p>19 Choose One Hot Dog/Bun Texas Hot Cheese Pizza Choose Up to Five Oven Fries Baked Beans Soft Pretzel Mand. Oranges or Fresh Fruit</p> | <p>Cal 712 T.Fat 21.83 G S.Fat 8.1 G Chol 45.9 Mg Sodm 1432.37 Mg Carb 99.97 G Fiber 8.0 G Prtn 33.19 G Iron 68.11 Mg Calc 709.06 Mg Vit A 19.80 RE Vit C 52.60 Mg</p> |
| <p>22 Choose One Cheese Ravioli Burger/ Cheese / Bun Ham/Turkey Hoagie Pizza Choose Up to Five Garlic Breadstick Green Beans Veggie Bar Red pepper Peaches or Fresh Fruit</p> | <p>23 Choose One Chicken Nuggets / Soft Pretzel Burger/ Cheese / Bun Hot Dog/Bun Pizza Choose Up To Four Corn Veggie Bar-Broccoli Blueberry Crisp or Fruit Juice</p> | <p>24 Choose One Pepperoni Pizza Chicken Nuggets, Roll BBQ Rib Sandwich Choose Up to Six Romaine Lettuce Blend/Dr Veggie Bar Baby carrots Croutons Jello Cake Pineapple or Fresh Fruit</p> | <p>25 Choose One Chicken Fajitas Chef's Salad w/ Roll Pizza Burger/ Cheese / Bun Choose Up to Five Soft Pretzel Cheese Potato Soup Refried Beans Applesauce or Fresh Fruit</p> | <p>26 Choose One Meatball Sub Ham/Turkey Hoagie Pierogies / Sausage Pizza Choose Up to Five Peas Veggie Bar Baby carrots Mixed Fruit or Fruit Juice</p> | <p>Cal 700 T.Fat 21.41 G S.Fat 7.4 G Chol 58.8 Mg Sodm 1452.26 Mg Carb 94.01 G Fiber 7.7 G Prtn 34.66 G Iron 5.76 Mg Calc 601.54 Mg Vit A 20.85 RE Vit C 35.35 Mg</p> |
| <p>29 Choose one Chicken Parmesan w/ Pasta Chicken Patty/Bun Cheese Pizza Pork, Hot Italian Sausag Choose Up to Five Green Beans Veggie Bar - Grape Tomatoes Garlic Breadstick Applesauce or</p> | <p>30 Choose One Cheese Breadstick w/ meatballs & roll Fish Sticks w/ roll Burger/ Cheese / Bun Pizza Choose Up To Four Beef Vegetable Soup Veggie Bar Green pepper Pears or Fruit Juice</p> | <p>31 Choose One Chicken / Potato Stuffing Burger/ Cheese / Bun Hot Dog/Bun Pizza Choose Up to Five Glazed Carrots Veggie Bar-Broccoli Biscuit / oleo Peaches or Fresh Fruit</p> |  | | <p>Cal 671 T.Fat 20.10 G S.Fat 5.9 G Chol 45.8 Mg Sodm 1466.52 Mg Carb 90.66 G Fiber 8.8 G Prtn 33.61 G Iron 6.53 Mg Calc 515.12 Mg Vit A 22.01 RE Vit C 30.25 Mg</p> |