




Northern Tioga Schools Elementary Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1</p> <p>No School Today</p> 	<p>2</p> <p>Choose Up to Five Cereal Variety Cinnamon Bread Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>3</p> <p>Choose Up to Five Cereal Variety Pancake & Sausage on a stick Fruit Juice Fresh or Cnd Fruit</p>	<p>4</p> <p>Choose Up to Five Cereal Variety Bagel /Toppings Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>5</p> <p>Choose Up to Five Cereal Variety Breakfast Pizza Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>Cal 470 T.Fat 12.49 G S.Fat 3.4 G Chol 14.9 Mg Sodm 529.88 Mg Carb 78.58 G Fiber 4.0 G Prtn 14.75 G Iron 7.14 Mg Calc 457.06 Mg Vit A 6.99 RE Vit C 68.54 Mg</p>
<p>8</p> <p>Choose Up to Five Cereal Variety Fruit Frudel Pastry Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>9</p> <p>Choose Up to Five Cereal Variety Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>10</p> <p>Choose Up to Five Cereal Variety Mini Cinnis Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>11</p> <p>Choose Up to Five Cereal Variety Mini Maple Pancakes Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>12</p> <p>Choose Up to Five Cereal Variety Cinnamon Bread Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>Cal 455 T.Fat 10.21 G S.Fat 3.1 G Chol 12.1 Mg Sodm 496.63 Mg Carb 82.32 G Fiber 5.1 G Prtn 13.07 G Iron 7.55 Mg Calc 450.68 Mg Vit A 4.91 RE Vit C 71.04 Mg</p>
<p>15</p> <p>No School Today</p> 	<p>16</p> <p>Choose Up to Five Cereal Variety Breakfast Pizza Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>17</p> <p>Choose Up to Five Cereal Variety Cheezy Bread Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>18</p> <p>Choose Up to Five Cereal Variety Yogurt Parfait or French Toast Sticks Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>19</p> <p>Choose Up to Five Cereal Variety Breakfast Egg Wrap Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>Cal 451 T.Fat 11.53 G S.Fat 4.3 G Chol 58.9 Mg Sodm 600.78 Mg Carb 73.64 G Fiber 4.0 G Prtn 16.56 G Iron 7.33 Mg Calc 512.91 Mg Vit A 6.82 RE</p>
<p>22</p> <p>Choose Up to Five Cereal Variety Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>23</p> <p>Choose Up to Five Cereal Variety Breakfast Pizza Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>24</p> <p>Choose Up to Five Cereal Variety Mini Cinnis Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>25</p> <p>Choose Up to Five Cereal Variety Pancake & Sausage on a stick Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>26</p> <p>Choose Up to Five Cereal Variety Cinnamon Roll Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>Cal 458 T.Fat 10.92 G S.Fat 3.7 G Chol 17.0 Mg Sodm 547.63 Mg Carb 79.13 G Fiber 4.6 G Prtn 14.16 G Iron 7.69 Mg Calc 444.41 Mg Vit A 6.71 RE Vit C 71.09 Mg</p>
<p>29</p> <p>Choose Up to Five Cereal Variety Cinnamon Bread Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>30</p> <p>Choose Up to Five Cereal Variety Breakfast Pizza Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>31</p> <p>Choose Up to Five Cereal Variety Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk</p>			<p>Cal 467 T.Fat 11.74 G S.Fat 3.8 G Chol 18.6 Mg Sodm 576.36 Mg Carb 78.87 G Fiber 4.9 G Prtn 15.86 G Iron 7.70 Mg Calc 526.87 Mg Vit A 7.17 RE Vit C 68.71 Mg</p>