




Northern Tioga Schools Elementary Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Choose Up to Five Cereal Variety Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk Variety	2 Choose Up to Five Cereal Variety Mini Cinnis Fruit Juice Fresh or Cnd Fruit Milk Variety	3 Choose Up to Five Cereal Variety Yogurt Parfait or French Toast Sticks Fruit Juice Fresh or Cnd	4 Choose Up to Five Cereal Variety Pancakes Fruit Juice Fresh or Cnd Fruit Milk Variety	5 No School Today 	<i>Cal 476</i> <i>T.Fat 8.00 G</i> <i>S.Fat 2.1 G</i> <i>Chol 7.7 Mg</i> <i>Sodm 518.90 Mg</i> <i>Carb 89.35 G</i> <i>Fiber 4.6 G</i> <i>Prtn 14.73 G</i> <i>Iron 7.25 Mg</i> <i>Calc 523.63 Mg</i> <i>Vit A 4.23 RE</i>
8 No School Today	9 Choose Up to Five Cereal Variety Breakfast Pizza Fruit Juice Fresh or Cnd Fruit	10 Choose Up to Five Cereal Variety Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk Variety	11 Choose Up to Five Cereal Variety Cinnamon Bread Fruit Juice Fresh or Cnd Fruit	12 Choose Up to Five Cereal Variety Bagel /Toppings Fruit Juice Fresh or Cnd Fruit	<i>Cal 490</i> <i>T.Fat 9.26 G</i> <i>S.Fat 2.3 G</i> <i>Chol 8.9 Mg</i> <i>Sodm 552.97 Mg</i> <i>Carb 88.72 G</i> <i>Fiber 4.5 G</i> <i>Prtn 16.33 G</i> <i>Iron 7.37 Mg</i> <i>Calc 548.70 Mg</i> <i>Vit A 6.65 RE</i>
15 Choose Up to Five Cereal Variety Pancake & Sausage on a stick Fruit Juice Fresh or Cnd	16 Choose Up to Five Cereal Variety Chocolate Chip Waffles Fruit Juice Fresh or Cnd Fruit	17 Choose Up to Five Cereal Variety Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk Variety	18 Choose Up to Five Cereal Variety Cinnamon Roll Fruit Juice Fresh or Cnd Fruit Milk Variety	19 Choose Up to Five Cereal Variety Pancakes Fruit Juice Fresh or Cnd Fruit Milk Variety	<i>Cal 472</i> <i>T.Fat 8.46 G</i> <i>S.Fat 2.5 G</i> <i>Chol 14.4 Mg</i> <i>Sodm 500.24 Mg</i> <i>Carb 86.54 G</i> <i>Fiber 4.3 G</i> <i>Prtn 14.70 G</i> <i>Iron 7.26 Mg</i> <i>Calc 499.05 Mg</i> <i>Vit A 4.00 RE</i>
22 Choose Up to Five Cereal Variety Muffin Fruit Juice Fresh or Cnd Fruit Milk Variety	23 Choose Up to Five Cereal Variety Mini Cinnis Fruit Juice Fresh or Cnd Fruit Milk Variety	24 Choose Up to Five Cereal Variety Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk Variety	25 Choose Up to Five Cereal Variety Yogurt Parfait or French Toast Sticks Fruit Juice Fresh or Cnd	26 Choose Up to Five Cereal Variety Breakfast Pizza Fruit Juice Fresh or Cnd Fruit	<i>Cal 471</i> <i>T.Fat 7.90 G</i> <i>S.Fat 1.9 G</i> <i>Chol 10.0 Mg</i> <i>Sodm 512.09 Mg</i> <i>Carb 87.95 G</i> <i>Fiber 4.2 G</i> <i>Prtn 14.71 G</i> <i>Iron 7.27 Mg</i> <i>Calc 518.12 Mg</i> <i>Vit A 6.99 RE</i>
29 No School Today 	30 Choose Up to Five Cereal Variety Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk Variety	31 Choose Up to Five Cereal Variety Mini Cinnis Fruit Juice Fresh or Cnd Fruit Milk Variety			<i>Cal 459</i> <i>T.Fat 7.58 G</i> <i>S.Fat 2.2 G</i> <i>Chol 6.1 Mg</i> <i>Sodm 502.94 Mg</i> <i>Carb 86.47 G</i> <i>Fiber 4.5 G</i> <i>Prtn 14.31 G</i> <i>Iron 7.25 Mg</i> <i>Calc 510.42 Mg</i> <i>Vit A 4.20 RE</i>