




Northern Tioga Schools Elementary Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Choose One Mashed Potato Bowl w/ roll Popcorn Chicken / Roll Hot Dog/Bun PB/J Sandwich & String Cheese Choose Up To Four Corn Veggie Bar - Any Pineapple or Fresh Fruit	2 Choose One Egg/ Pancakes Sausage Pancakes/Sausage Hot Dog/Bun PB/J Sandwich & String Cheese Choose Up To Four Hash Browns Baby Carrots Hot Apples or Juice	3 Choose One Stuffed Crust Pizza Hot Dog/Bun PB/J Sandwich & String Cheese Choose Up To Four Green Beans Veggie Bar-Broccoli Pears or Fruit Juice	4 Choose One Chili Bowl with Chips Hot Dog/Bun PB/J Sandwich & String Cheese Choose Up To Four Baked Potato Veggie Bar - Any Soft Pretzel Rods Peaches or Fresh Fruit	5 No School Today 	Cal 618 T.Fat 19.09 G S.Fat 5.4 G Chol 37.6 Mg Sodm 1116.21 Mg Carb 88.10 G Fiber 7.6 G Prtn 25.57 G Iron 4.37 Mg Calc 483.46 Mg Vit A 6.71 RE Vit C 48.16 Mg
6 No School Today	9 Choose One Chicken/ Potato/ Gravy BBQ Rib Sandwich PB/J Sandwich & Cheese Choose Up to Five Roll/ Oleo Peas Veggie Bar- Baby carrots Pineapple or Juice	10 Choose One Cheese Pizza BBQ Rib Sandwich PB/J Sandwich & String Cheese Choose Up To Four Romaine Lettuce Blend/Dr Veggie Bar- Baked Beans Straw shortcake or Fresh Fruit	11 Choose One Pork Taco BBQ Rib Sandwich PB/J Sandwich & String Cheese Choose Up to Six Corn Veggie Bar Tomatoes Soft Pretzel Rods Applesauce or Fresh Fruit	12 Choose One Chicken Caesar w/ Breadstick Chicken Sticks w/ Breadstick BBQ Rib Sandwich PB/J Sandwich & String Cheese Choose Up To Four Glazed Carrots Veggie Bar - Any Mand. Oranges or Frozen Juice Cup	Cal 616 T.Fat 15.22 G S.Fat 4.7 G Chol 39.5 Mg Sodm 1068.90 Mg Carb 91.39 G Fiber 8.8 G Prtn 31.00 G Iron 4.57 Mg Calc 516.31 Mg Vit A 11.41 RE Vit C 54.02 Mg
15 Choose One Lasagna Egg Salad on bun PB/J Sandwich & Cheese Choose Up to Five Garlic Breadstick Green Beans Veggie Bar-Broccoli Peaches or Fresh Fruit	16 Choose One Sloppy Joe on Bun Egg Salad on bun PB/J Sandwich & String Cheese Choose Up To Four Oven Fries Veggie Bar- Baby carrots Applesauce or Fresh Fruit	17 Choose One French Bread Pizza Egg Salad on bun PB/J Sandwich & String Cheese Choose Up to Five Broccoli w/Cheese Veggie Bar - Any Pudding Cup Pears or Fruit Juice	18 Choose One Chicken Fajitas Egg Salad on bun PB/J Sandwich & String Cheese Choose Up to Five Pasta Salad Veggie Bar Tomatoes Applesauce or Fresh Fruit	19 Choose One Fish Nugget w/ Mac & Cheese/Roll Macaroni & Cheese & Roll Egg Salad on bun PB/J Sandwich & String Cheese Choose Up To Four Peas Coleslaw Peaches or Frozen Juice Cup	Cal 641 T.Fat 22.99 G S.Fat 5.4 G Chol 155.0 Mg Sodm 1084.73 Mg Carb 80.76 G Fiber 8.3 G Prtn 28.00 G Iron 3.81 Mg Calc 499.17 Mg Vit A 8.09 RE Vit C 53.56 Mg
22 Choose One Pierogies / Sausage Links Corn Dog PB/J Sandwich & String Cheese Choose Up to Five Peas Veggie Bar- hummus Tortilla Chips Peaches or Fresh Fruit	23 Choose One Stromboli Corn Dog PB/J Sandwich & String Cheese Choose Up To Four Glazed Carrots Veggie Bar - Any Mixed fruit or fresh fruit	24 Choose One Chicken Ranch Pizza Chef's Salad w/ roll PB/J Sandwich & String Cheese Choose Up To Four Romaine Lettuce Blend/Dr Veggie Bar - Any Pears or Fruit Juice	25 Choose One Walking Pork Taco Chef's Salad w/ roll PB/J Sandwich & String Cheese Choose Up to Five Corn Veggie Bar - Any Soft Pretzel Rods Applesauce or Fresh Fruit	26 Choose One Build A Sub Chef's Salad w/ roll PB/J Sandwich & String Cheese Choose Up To Four Sweet Potato Crinkles Veggie Bar - Any Pineapple or Frozen Juice Cup	Cal 644 T.Fat 18.67 G S.Fat 5.2 G Chol 41.3 Mg Sodm 1253.62 Mg Carb 91.35 G Fiber 8.1 G Prtn 29.04 G Iron 4.37 Mg Calc 511.57 Mg Vit A 9.32 RE Vit C 49.77 Mg
29 No School Today  MEMORIAL DAY	30 Choose One Beef / Gravy/Potatoes Cook's Choice PB/J Sandwich & Cheese Choose Up to Five Roll/ Oleo Peas Veggie Bar-Broccoli Peaches or Fresh Fruit	31 Bag Lunch Day Choose one Burger/ Cheese / Bun Choose Up to Five Baby Carrots Celery Sticks Peaches or Juice Sugar Cookie	 May		Cal 603 T.Fat 17.47 G S.Fat 5.7 G Chol 48.2 Mg Sodm 821.61 Mg Carb 83.43 G Fiber 7.5 G Prtn 28.48 G Iron 4.69 Mg Calc 426.18 Mg Vit A 7.35 RE Vit C 58.73 Mg

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