




Northern Tioga Schools Elementary Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1</p> <p>No School Today</p> <p>1% plain & flavored milk is offered at lunch</p> 	<p>2</p> <p>Choose One Mashed Potato Bowl w/ roll Popcom Chicken / Roll Hot Dog/Bun PB/J Sandwich & String Cheese Choose Up To Four Corn Veggie Bar Baby carrots Peaches or Fresh Fruit</p>	<p>3</p> <p>Choose One Chicken Ranch Pizza Hot Dog/Bun PB/J Sandwich & String Cheese Choose Up To Four Broccoli w/Cheese Veggie Bar - Any Croutons Pineapple or Fresh Fruit</p>	<p>4</p> <p>Choose One Walking Pork Taco Hot Dog/Bun PB/J Sandwich & String Cheese Choose Up to Six Corn Refried Beans Soft Pretzel Rods Applesauce or Fresh Fruit</p>	<p>5</p> <p>Choose One Chicken Caesar w/ Breadstick Chicken Sticks w/ Breadstick Hot Dog/Bun PB/J Sandwich & String Cheese Choose Up To Four Glazed Carrots Veggie Bar - Any Mand. Oranges or Fruit Juice</p>	<p>Cal 592</p> <p>T.Fat 18.94 G</p> <p>S.Fat 4.6 G</p> <p>Chol 39.9 Mg</p> <p>Sodm 1038.48 Mg</p> <p>Carb 82.12 G</p> <p>Fiber 8.2 G</p> <p>Prtn 27.59 G</p> <p>Iron 4.93 Mg</p> <p>Calc 405.75 Mg</p> <p>Vit A 19.11 RE</p>
<p>8</p> <p>Choose One Spaghetti / Meatballs Egg Salad on bun PB/J Sandwich & Cheese Choose Up to Five Garlic Breadstick Green Beans Veggie Bar Red pepper Peaches or Fresh Fruit</p>	<p>9</p> <p>Choose One Egg/ Pancakes Sausage Pancakes/Sausage Egg Salad on bun PB/J Sandwich & String Cheese Choose Up To Four Hash Browns Baby Carrots Hot Apples or Juice</p>	<p>10</p> <p>Choose One Stuffed Crust Pizza Egg Salad on bun PB/J Sandwich & String Cheese Choose Up To Four Baked Beans Veggie Bar - Any Pineapple or Fresh Fruit</p>	<p>11</p> <p>Choose One Chili Bowl with Chips Egg Salad on bun PB/J Sandwich & String Cheese Choose Up To Four Baked Potato Veggie Bar-Broccoli Applesauce or Fresh Fruit</p>	<p>12</p> <p>Bag Lunch Day Choose one Chicken Patty/Bun Choose Up to Five Baby Carrots Celery Sticks Peaches or Juice Chocolate Chip Cookie</p>	<p>Cal 677</p> <p>T.Fat 21.92 G</p> <p>S.Fat 6.4 G</p> <p>Chol 66.0 Mg</p> <p>Sodm 1276.65 Mg</p> <p>Carb 92.37 G</p> <p>Fiber 8.2 G</p> <p>Prtn 28.98 G</p> <p>Iron 4.97 Mg</p> <p>Calc 525.06 Mg</p> <p>Vit A 21.65 RE</p>
<p>15</p> <p>No School Today</p> 	<p>16</p> <p>Choose One Toasted Cheese Turkey/ Cheese on Bun PB/J Sandwich & Cheese Choose Up to Five Tomato Soup Crackers Veggie Bar Red pepper Pears or Fruit Juice</p>	<p>17</p> <p>Choose One French Bread Pizza Turkey/ Cheese on Bun PB/J Sandwich & String Cheese Choose Up To Four Broccoli w/Cheese Veggie Bar - Any Mixed Fruit or Fruit Juice</p>	<p>18</p> <p>Choose One Walking Pork Taco Turkey/ Cheese on Bun PB/J Sandwich & String Cheese Choose Up to Five Corn Veggie Bar Baby carrots Soft Pretzel Rods Applesauce or Fresh Fruit</p>	<p>19</p> <p>Choose One Hot Dog/Bun Texas Hot Turkey/ Cheese on Bun PB/J Sandwich & String Cheese Choose Up to Five Oven Fries Baked Beans Mand. Oranges or Fresh Fruit</p>	<p>Cal 659</p> <p>T.Fat 22.40 G</p> <p>S.Fat 7.3 G</p> <p>Chol 55.2 Mg</p> <p>Sodm 1325.84 Mg</p> <p>Carb 84.95 G</p> <p>Fiber 7.4 G</p> <p>Prtn 32.08 G</p> <p>Iron 61.80 Mg</p> <p>Calc 585.59 Mg</p> <p>Vit A 19.14 RE</p>
<p>22</p> <p>Choose One Cheese Ravioli / Breadstick Burger/ Cheese / Bun PB/J Sandwich & Cheese Choose Up to Five Green Beans Veggie Bar Red pepper Peaches or Fresh Fruit</p>	<p>23</p> <p>Choose One Chicken Nuggets with pretzel Burger/ Cheese / Bun PB/J Sandwich & Cheese Choose Up To Four Corn Veggie Bar-Broccoli Blueberry Crisp or Fruit Juice</p>	<p>24</p> <p>Choose One Pepperoni Pizza Burger/ Cheese / Bun PB/J Sandwich & String Cheese Choose Up to Five Romaine Lettuce Blend/Dr Veggie Bar Baby carrots Croutons Jello Cake Pineapple or</p>	<p>25</p> <p>Choose One Chicken Fajitas Burger/ Cheese / Bun PB/J Sandwich & String Cheese Choose Up To Four Cheese Potato Soup Refried Beans Applesauce or Fresh Fruit</p>	<p>26</p> <p>Choose One Pierogies / Sausage Links Burger/ Cheese / Bun PB/J Sandwich & Cheese Choose Up to Five Peas Veggie Bar Baby carrots Mixed Fruit or Fruit Juice</p>	<p>Cal 667</p> <p>T.Fat 18.83 G</p> <p>S.Fat 7.1 G</p> <p>Chol 69.2 Mg</p> <p>Sodm 1295.13 Mg</p> <p>Carb 91.50 G</p> <p>Fiber 7.6 G</p> <p>Prtn 34.05 G</p> <p>Iron 4.63 Mg</p> <p>Calc 555.43 Mg</p> <p>Vit A 22.78 RE</p>
<p>29</p> <p>Choose one Chicken Parmesan w/ Pasta Chicken Patty/Bun BBQ Rib Sandwich PB/J Sandwich & String Cheese Choose Up to Five Green Beans Veggie Bar - Grape Tomatoes Garlic Breadstick Applesauce or</p>	<p>30</p> <p>Choose One Cheese Breadstick w/ meatballs BBQ Rib Sandwich PB/J Sandwich & String Cheese Choose Up to Five Beef Vegetable Soup Veggie Bar Green pepper Pears or Fruit Juice</p>	<p>31</p> <p>Choose One Chicken/ Potato Stuffing Chicken / Potato / Gravy BBQ Rib Sandwich PB/J Sandwich & Cheese Choose Up to Five Glazed Carrots Veggie Bar-Broccoli Roll / Oleo Peaches or Fresh Fruit</p>			<p>Cal 630</p> <p>T.Fat 17.04 G</p> <p>S.Fat 4.5 G</p> <p>Chol 45.9 Mg</p> <p>Sodm 1333.95 Mg</p> <p>Carb 89.37 G</p> <p>Fiber 9.0 G</p> <p>Prtn 31.39 G</p> <p>Iron 4.68 Mg</p> <p>Calc 447.22 Mg</p> <p>Vit A 26.56 RE</p>