




Northern Tioga Secondary and Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1</p> <p>No School Today</p> 	<p>2</p> <p>Choose Up to Five Cereal or Cereal Bar Cinnamon Bread Fruit Juice Fresh or Cnd Fruit</p>	<p>3</p> <p>Choose Up to Five Cereal or Cereal Bar Pancake & Sausage on a stick Fruit Juice Fresh or Cnd</p>	<p>4</p> <p>Choose Up to Five Cereal or Cereal Bar Bagel /Toppings Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>5</p> <p>Choose Up to Five Cereal or Cereal Bar Breakfast Pizza Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>Cal 577 T.Fat 13.25 G S.Fat 4.0 G Chol 18.5 Mg Sodm 575.66 Mg Carb 100.93 G Fiber 5.2 G Prtn 18.50 G Iron 8.03 Mg Calc 623.07 Mg Vit A 8.54 RE</p>
<p>8</p> <p>Choose Up to Five Cereal or Cereal Bar Fruit Frudel Pastry Fruit Juice Fresh or Cnd Fruit</p>	<p>9</p> <p>Choose Up to Five Cereal or Cereal Bar Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>10</p> <p>Choose Up to Five Cereal or Cereal Bar Mini Cinnis Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>11</p> <p>Choose Up to Five Cereal or Cereal Bar Pancakes Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>12</p> <p>Choose Up to Five Cereal or Cereal Bar Cinnamon Bread Fruit Juice Fresh or Cnd Fruit</p>	<p>Cal 540 T.Fat 10.50 G S.Fat 3.5 G Chol 16.0 Mg Sodm 526.91 Mg Carb 100.25 G Fiber 5.6 G Prtn 16.82 G Iron 8.08 Mg Calc 618.13 Mg Vit A 6.81 RE</p>
<p>15</p> <p>No School Today</p> 	<p>16</p> <p>Choose Up to Five Cereal or Cereal Bar Breakfast Pizza Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>17</p> <p>Choose Up to Five Cereal or Cereal Bar Cheezy Bread Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>18</p> <p>Choose Up to Five Cereal or Cereal Bar Yogurt Parfait or French Toast Sticks Fruit Juice Fresh or Cnd</p>	<p>19</p> <p>Choose Up to Five Cereal or Cereal Bar Breakfast Egg Wrap Fruit Juice Fresh or Cnd Fruit</p>	<p>Cal 565 T.Fat 12.41 G S.Fat 4.7 G Chol 57.4 Mg Sodm 643.29 Mg Carb 97.34 G Fiber 5.2 G Prtn 20.69 G Iron 8.17 Mg Calc 698.92 Mg Vit A 8.31 RE</p>
<p>22</p> <p>Choose Up to Five Cereal or Cereal Bar Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>23</p> <p>Choose Up to Five Cereal or Cereal Bar Breakfast Pizza Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>24</p> <p>Choose Up to Five Cereal or Cereal Bar Mini Cinnis Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>25</p> <p>Choose Up to Five Cereal or Cereal Bar Pancake & Sausage on a stick Fruit Juice Fresh or Cnd</p>	<p>26</p> <p>Choose Up to Five Cereal or Cereal Bar Cinnamon Roll Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>Cal 561 T.Fat 11.57 G S.Fat 4.1 G Chol 20.1 Mg Sodm 591.78 Mg Carb 100.43 G Fiber 5.6 G Prtn 18.01 G Iron 8.38 Mg Calc 618.94 Mg Vit A 9.75 RE</p>
<p>29</p> <p>Choose Up to Five Cereal or Cereal Bar Cinnamon Bread Fruit Juice Fresh or Cnd Fruit</p>	<p>30</p> <p>Choose Up to Five Cereal or Cereal Bar Breakfast Pizza Fruit Juice Fresh or Cnd Fruit Milk</p>	<p>31</p> <p>Choose Up to Five Cereal or Cereal Bar Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk</p>			<p>Cal 567 T.Fat 12.18 G S.Fat 4.1 G Chol 20.7 Mg Sodm 607.16 Mg Carb 100.78 G Fiber 6.1 G Prtn 18.88 G Iron 8.51 Mg Calc 665.71 Mg Vit A 9.90 RE</p>