





Northern Tioga Secondary and Middle School Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>¹ Choose Up to Five Cereal or Cereal Bar Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>² Choose Up to Five Cereal or Cereal Bar Mini Cinnis Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>³ Choose Up to Five Cereal or Cereal Bar Yogurt Parfait or French Toast Sticks Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>⁴ Choose Up to Five Cereal or Cereal Bar Pancakes Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>⁵ No School Today</p> 	<p><i>Cal</i> 565 <i>T.Fat</i> 8.24 G <i>S.Fat</i> 2.2 G <i>Chol</i> 8.4 Mg <i>Sodm</i> 537.16 Mg <i>Carb</i> 109.74 G <i>Fiber</i> 5.7 G <i>Prtn</i> 16.93 G <i>Iron</i> 8.10 Mg <i>Calc</i> 626.61 Mg <i>Vit A</i> 6.33 RE <i>Vit C</i> 90.52 Mg</p>
<p>⁶ No School Today</p> 	<p>⁹ Choose Up to Five Cereal or Cereal Bar Breakfast Pizza Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>¹⁰ Choose Up to Five Cereal or Cereal Bar Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>¹¹ Choose Up to Five Cereal or Cereal Bar Cinnamon Bread Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>¹² Choose Up to Five Cereal or Cereal Bar Bagel /Toppings Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p><i>Cal</i> 602 <i>T.Fat</i> 10.21 G <i>S.Fat</i> 2.4 G <i>Chol</i> 9.5 Mg <i>Sodm</i> 598.99 Mg <i>Carb</i> 112.73 G <i>Fiber</i> 5.8 G <i>Prtn</i> 19.10 G <i>Iron</i> 8.28 Mg <i>Calc</i> 652.85 Mg <i>Vit A</i> 8.54 RE <i>Vit C</i> 90.32 Mg</p>
<p>¹⁵ Choose Up to Five Cereal or Cereal Bar Pancake & Sausage on a stick Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>¹⁶ Choose Up to Five Cereal or Cereal Bar Chocolate Chip Waffles Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>¹⁷ Choose Up to Five Cereal or Cereal Bar Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>¹⁸ Choose Up to Five Cereal or Cereal Bar Cinnamon Roll Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>¹⁹ Choose Up to Five Cereal or Cereal Bar Pancakes Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p><i>Cal</i> 561 <i>T.Fat</i> 8.64 G <i>S.Fat</i> 2.6 G <i>Chol</i> 14.2 Mg <i>Sodm</i> 520.91 Mg <i>Carb</i> 107.29 G <i>Fiber</i> 5.5 G <i>Prtn</i> 16.90 G <i>Iron</i> 8.11 Mg <i>Calc</i> 605.21 Mg <i>Vit A</i> 6.13 RE <i>Vit C</i> 90.36 Mg</p>
<p>²² Choose Up to Five Cereal or Cereal Bar Muffin Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>²³ Choose Up to Five Cereal or Cereal Bar Mini Cinnis Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>²⁴ Choose Up to Five Cereal or Cereal Bar Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>²⁵ Choose Up to Five Cereal or Cereal Bar Yogurt Parfait or French Toast Sticks Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>²⁶ Choose Up to Five Cereal or Cereal Bar Breakfast Pizza Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p><i>Cal</i> 577 <i>T.Fat</i> 8.83 G <i>S.Fat</i> 2.3 G <i>Chol</i> 11.8 Mg <i>Sodm</i> 562.53 Mg <i>Carb</i> 110.36 G <i>Fiber</i> 5.7 G <i>Prtn</i> 17.53 G <i>Iron</i> 8.30 Mg <i>Calc</i> 632.03 Mg <i>Vit A</i> 8.67 RE <i>Vit C</i> 91.07 Mg</p>
<p>²⁹ No School Today</p> 	<p>³⁰ Choose Up to Five Cereal or Cereal Bar Pizza Stick Fruit Juice Fresh or Cnd Fruit Milk Variety</p>	<p>³¹ Choose Up to Five Cereal or Cereal Bar Mini Cinnis Fruit Juice Fresh or Cnd Fruit Milk Variety</p>			<p><i>Cal</i> 590 <i>T.Fat</i> 9.57 G <i>S.Fat</i> 3.0 G <i>Chol</i> 10.5 Mg <i>Sodm</i> 601.53 Mg <i>Carb</i> 111.83 G <i>Fiber</i> 6.3 G <i>Prtn</i> 18.09 G <i>Iron</i> 8.56 Mg <i>Calc</i> 640.64 Mg <i>Vit A</i> 6.13 RE <i>Vit C</i> 90.32 Mg</p>