



Northern Tioga Schools Secondary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1</p> <p>No School Today</p> <p>1% plain & flavored milk is offered at lunch and breakfast.</p>	<p>2</p> <p>Choose One Mashed Potato Bowl w/ Biscuit Popcorn Chicken / Biscuit BBQ Rib Sandwich Pizza Choose Up to Five Veggie Bar Baby carrots Corn Crackers, Saltines Peaches</p>	<p>3</p> <p>Choose One Chicken Ranch Pizza Chicken Nuggets w/ Roll Chef's Salad w/ Rolls Choose Up to Five Broccoli w/Cheese Veggie Bar - Any Pineapple Fresh Fruit</p>	<p>4</p> <p>Choose One Walking Pork Taco Burger/ Cheese / Bun Pizza Ham & Cheese / Pretzel Bun Choose Up to Seven Corn Refried Beans Soft Pretzel Applesauce Fresh Fruit</p>	<p>5</p> <p>Choose One Chicken Caesar w/ Roll Chicken Sticks - Roll Pizza Fish Sticks w/ roll Choose Up to Six Glazed Carrots Veggie Bar - Any Garlic Breadstick Mandarin Oranges Fruit Juice</p>	<p>Cal 802</p> <p>T.Fat 25.89 G</p> <p>S.Fat 7.7 G</p> <p>Chol 63.5 Mg</p> <p>Sodm 1511.86 Mg</p> <p>Carb 110.17 G</p> <p>Fiber 9.9 G</p> <p>Prtn 37.07 G</p> <p>Iron 6.18 Mg</p> <p>Calc 614.73 Mg</p> <p>Vit A 19.48 RE</p>
<p>8</p> <p>Choose One Spaghetti w/ meatballs Burger/ Cheese / Bun Ham/Turkey Hoagie Pizza Choose Up to Six Garlic Breadstick Green Beans Veggie Bar Red pepper Peaches Fresh Fruit</p>	<p>9</p> <p>Choose One Egg / Pancakes / Sausage Ham/Turkey Hoagie Cheese Pizza Choose Up to Five Hash Browns Baby Carrots Hot Apples Fruit Juice</p>	<p>10</p> <p>Choose One Stuffed Crust Pizza Corn Dog Chef's Salad w/ Rolls Fish Sticks w/ roll Choose Up to Five Baked Beans Veggie Bar - Any Pineapple Fresh Fruit</p>	<p>11</p> <p>Choose One Chili Bowl with Chips Pizza Burger/ Cheese / Bun Choose Up to Six Soft Pretzel Baked Potato Veggie Bar-Broccoli Applesauce Fresh Fruit</p>	<p>12</p> <p>Choose One Bag Lunch Day Chicken Patty/Bun Pizza Choose Up to Six Baby Carrots Celery Sticks Peaches Fruit Juice Chocolate Chip Cookie</p>	<p>Cal 776</p> <p>T.Fat 23.95 G</p> <p>S.Fat 7.6 G</p> <p>Chol 62.8 Mg</p> <p>Sodm 1453.36 Mg</p> <p>Carb 110.36 G</p> <p>Fiber 9.7 G</p> <p>Prtn 31.45 G</p> <p>Iron 6.45 Mg</p> <p>Calc 588.56 Mg</p> <p>Vit A 21.18 RE</p>
<p>15</p> <p>No School Today</p> 	<p>16</p> <p>Choose One Toasted Cheese BBQ Rib Sandwich Ham/Turkey Hoagie Pizza Choose Up to Six Tomato Soup Crackers, Saltines Veggie Bar Red pepper Pears Fruit Juice</p>	<p>17</p> <p>Choose One French Bread Pizza Italian Hoagie Burger/ Cheese / Bun Pizza Choose Up to Six Broccoli w/Cheese Veggie Bar - Any Cheese and Crackers Mixed Fruit Fruit Juice</p>	<p>18</p> <p>Choose One Walking Pork Taco Burger/ Cheese / Bun Cheese Pizza Ham & Cheese / Pretzel Bun Choose Up to Seven Corn Veggie Bar Baby carrots Soft Pretzel Applesauce Fresh Fruit</p>	<p>19</p> <p>Choose One Hot Dog/Bun Texas Hot Pizza Choose Up to Six Oven Fries Baked Beans Soft Pretzel Mandarin Oranges Fresh Fruit</p>	<p>Cal 836</p> <p>T.Fat 24.78 G</p> <p>S.Fat 9.1 G</p> <p>Chol 50.1 Mg</p> <p>Sodm 1757.36 Mg</p> <p>Carb 120.10 G</p> <p>Fiber 9.5 G</p> <p>Prtn 35.90 G</p> <p>Iron 73.65 Mg</p> <p>Calc 750.44 Mg</p> <p>Vit A 19.93 RE</p>
<p>22</p> <p>Choose One Cheese Ravioli Burger/ Cheese / Bun Ham/Turkey Hoagie Pizza Choose Up to Six Garlic Breadstick Green Beans Veggie Bar Red pepper Peaches Fresh Fruit</p>	<p>23</p> <p>Choose One Chicken Nuggets / Soft Pretzel Burger/ Cheese / Bun Hot Dog/Bun Pizza Choose Up to Five Corn Veggie Bar-Broccoli Blueberry Crisp Fruit Juice</p>	<p>24</p> <p>Choose One Pepperoni Pizza Chicken Nuggets w/ Roll BBQ Rib Sandwich Choose Up to Seven Romaine Lettuce Blend/Dr Veggie Bar Baby carrots Croutons Jello Cake Pineapple</p>	<p>25</p> <p>Choose One Chicken Fajitas Chef's Salad w/ Roll Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Soft Pretzel Cheese Potato Soup Refried Beans Applesauce Fresh Fruit</p>	<p>26</p> <p>Choose One Meatball Sub Ham/Turkey Hoagie Pierogies / Sausage Pizza Choose Up to Five Peas Veggie Bar Baby carrots Mixed Fruit Fruit Juice</p>	<p>Cal 797</p> <p>T.Fat 24.56 G</p> <p>S.Fat 8.5 G</p> <p>Chol 67.3 Mg</p> <p>Sodm 1790.14 Mg</p> <p>Carb 107.32 G</p> <p>Fiber 9.8 G</p> <p>Prtn 38.68 G</p> <p>Iron 6.70 Mg</p> <p>Calc 668.71 Mg</p> <p>Vit A 17.89 RE</p>
<p>29</p> <p>Choose One Chicken Parmesan w/ Pasta Chicken Patty/Bun Cheese Pizza Pork, Hot Italian Sausag Choose Up to Six Green Beans Veggie Bar - Grape Tomatoes Garlic Breadstick Applesauce</p>	<p>30</p> <p>Choose One Cheese Breadstick w/ meatballs & roll Fish Sticks w/ roll Burger/ Cheese / Bun Pizza Choose Up to Six Beef Vegetable Soup Veggie Bar Green pepper Crackers, Goldfish Peppe Pears</p>	<p>31</p> <p>Choose One Chicken / Potato Stuffing Burger/ Cheese / Bun Hot Dog/Bun Pizza Choose Up to Six Glazed Carrots Veggie Bar-Broccoli Biscuit / oleo Peaches Fresh Fruit</p>			<p>Cal 756</p> <p>T.Fat 22.33 G</p> <p>S.Fat 5.9 G</p> <p>Chol 45.2 Mg</p> <p>Sodm 1545.96 Mg</p> <p>Carb 104.99 G</p> <p>Fiber 10.4 G</p> <p>Prtn 35.33 G</p> <p>Iron 7.61 Mg</p> <p>Calc 506.28 Mg</p> <p>Vit A 21.79 RE</p>