




# Northern Tioga Schools Secondary Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Choose One Mashed Potato Bowl w/ Biscuit Popcom Chicken / Biscuit Ham/Turkey Hoagie Pizza Choose Up to Five Veggie Bar - Any Corn Pineapple Fresh Fruit	2 Choose One Egg / Pancakes / Sausage Ham & Cheese / Pretzel Bun Cheese Pizza Choose Up to Six Hash Browns Baby Carrots Hot Apples Fruit Juice	3 Choose One Stuffed Crust Pizza Fish Sandwich Chef's Salad w/ Rolls Burger/ Cheese / Bun Choose Up to Five Veggie Bar-Broccoli Green Beans Croutons Pears Fruit Juice	4 Choose One Chili Bowl with Chips Pizza Burger/ Cheese / Bun Choose Up to Six Soft Pretzel Baked Potato Veggie Bar - Any Peaches Fresh Fruit	5 No School Today 	<i>Cal</i> 752 <i>T.Fat</i> 23.42 G <i>S.Fat</i> 6.8 G <i>Chol</i> 53.7 Mg <i>Sodm</i> 1344.32 Mg <i>Carb</i> 107.57 G <i>Fiber</i> 8.8 G <i>Prtn</i> 30.42 G <i>Iron</i> 6.25 Mg <i>Calc</i> 623.63 Mg <i>Vit A</i> 2.86 RE <i>Vit C</i> 36.83 Mg
8 No School Today  1% milk & fat free flavored milk is offered at lunch	9 Choose One Chicken / Potato/ Gravy BBQ Pork on Bun Pizza Burger/ Cheese / Bun Choose Up to Six Biscuit / oleo Peas Veggie Bar- Baby carrots Pineapple	10 Choose One Cheese Pizza Corn Dog BBQ Pork on Bun Chef's Salad w/ Rolls Burger/ Cheese / Bun Choose Up to Six Romaine Lettuce Blend/Dr Veggie Bar- Baked Beans	11 Choose One Pork Taco Burger/ Cheese / Bun Cheese Pizza Pulled Pork on Bun Choose Up to Six Corn Veggie Bar Tomatoes Soft Pretzel Applesauce Fresh Fruit	12 Choose One Chicken Caesar w/ Roll Chicken Sticks - Roll Pizza Tuna & Pasta Choose Up to Six Glazed Carrots Veggie Bar - Any Garlic Breadstick Mandarin Oranges Frozen Juice Cup	<i>Cal</i> 781 <i>T.Fat</i> 21.96 G <i>S.Fat</i> 6.6 G <i>Chol</i> 52.9 Mg <i>Sodm</i> 1439.73 Mg <i>Carb</i> 113.58 G <i>Fiber</i> 10.1 G <i>Prtn</i> 35.45 G <i>Iron</i> 5.82 Mg <i>Calc</i> 575.00 Mg <i>Vit A</i> 10.82 RE <i>Vit C</i> 57.07 Mg
15 Choose One Lasagna Burger/ Cheese / Bun Ham/Turkey Hoagie Pizza Choose Up to Six Garlic Breadstick Green Beans Veggie Bar-Broccoli Peaches Fresh Fruit	16 Choose One Sloppy Joe on Bun Texas Hot Ham & Cheese on bun Cheese Pizza Choose Up to Six Croutons Oven Fries Veggie Bar- Baby carrots Applesauce	17 Choose One French Bread Pizza Burger/ Cheese / Bun Corn Dog Cheese Steak/ Bun Choose Up to Seven Broccoli w/Cheese Veggie Bar - Any Pepper & Onion Strips Pudding Cup Crackers Pears Fruit Juice	18 Choose One Chicken Fajitas Italian Sausage on Bun Cheese Pizza Ham & Cheese / Pretzel Bun Choose Up to Six Pasta Salad Veggie Bar Tomatoes Applesauce Fresh Fruit	19 Choose One Fish Nugget w/ Macaroni & Cheese/Roll Mac & Cheese/Roll Pizza Ham/Turkey Hoagie Burger/ Cheese / Bun Choose Up to Five Peas Coleslaw Peaches Frozen Juice Cup	<i>Cal</i> 762 <i>T.Fat</i> 23.61 G <i>S.Fat</i> 8.2 G <i>Chol</i> 64.9 Mg <i>Sodm</i> 1597.38 Mg <i>Carb</i> 102.52 G <i>Fiber</i> 9.8 G <i>Prtn</i> 36.44 G <i>Iron</i> 6.77 Mg <i>Calc</i> 615.21 Mg <i>Vit A</i> 3.56 RE <i>Vit C</i> 59.17 Mg
22 Choose One Pierogies / Sausage BBQ Rib Sandwich Italian Hoagie Pizza Choose Up to Six Peas Veggie Bar- hummus Tortilla Chips Peaches Fresh Fruit	23 Choose One Stromboli Pulled Pork on bun Ham/Turkey Hoagie Choose Up to Six Croutons Glazed Carrots Veggie Bar - Any Mixed Fruit Fresh Fruit	24 Choose One Chicken Ranch Pizza Burger/ Cheese / Bun Cheese Steak/ Bun Chef's Salad w/ Rolls Choose Up to Six Romaine Lettuce Blend/Dr Veggie Bar - Any Pepper & Onion Strips Croutons Pears	25 Choose One Walking Pork Taco Burger/ Cheese / Bun Cheese Pizza Cheese Steak/ Bun Choose Up to Seven Corn Pepper & Onion Strips Veggie Bar - Any Soft Pretzel Applesauce Fresh Fruit	26 Choose One Build A Sub Meat Ravioli & Rolls Fish Sandwich Cheese Pizza Choose Up to Five Sweet Potato Crinkles Veggie Bar - Any Pineapple Frozen Juice Cup	<i>Cal</i> 761 <i>T.Fat</i> 23.01 G <i>S.Fat</i> 6.3 G <i>Chol</i> 48.0 Mg <i>Sodm</i> 1380.69 Mg <i>Carb</i> 106.67 G <i>Fiber</i> 9.8 G <i>Prtn</i> 34.49 G <i>Iron</i> 5.48 Mg <i>Calc</i> 579.86 Mg <i>Vit A</i> 5.22 RE <i>Vit C</i> 40.27 Mg
29 No School Today  	30 Choose One Beef / Gravy/Potatoes Meat Ravioli Ham & Cheese / Pretzel Bun Pizza Tuna Salad Sub Choose Up to Six Biscuit / oleo Peas Veggie Bar-Broccoli Peaches Fresh Fruit	31 Choose One Bag Lunch Day Burger/ Cheese / Bun Pizza Choose Up to Seven Baby Carrots Celery Sticks Peaches Fruit Juice Popcom, White Cheddar Sugar Cookie			<i>Cal</i> 810 <i>T.Fat</i> 24.58 G <i>S.Fat</i> 7.4 G <i>Chol</i> 41.5 Mg <i>Sodm</i> 1478.95 Mg <i>Carb</i> 117.77 G <i>Fiber</i> 9.5 G <i>Prtn</i> 32.45 G <i>Iron</i> 7.66 Mg <i>Calc</i> 514.07 Mg <i>Vit A</i> 1.20 RE <i>Vit C</i> 104.30 Mg