

Northern Tioga Schools Elementary (K-6th) Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Nutrients



				<p>1</p> <p>Choose one</p> <p>Macaroni & Cheese & Roll</p> <p>Fish Nugget w/ Mac & Cheese/Roll</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Peas</p> <p>Veggie Bar - Any</p> <p>Fresh Fruit or Juice</p>	<p><i>Cal</i> 583</p> <p><i>T.Fat</i> 14.80 G</p> <p><i>S.Fat</i> 6.0 G</p> <p><i>Chol</i> 36.1 Mg</p> <p><i>Sodm</i> 1017.91 Mg</p> <p><i>Carb</i> 84.60 G</p> <p><i>Fiber</i> 5.9 G</p> <p><i>Prtn</i> 28.75 G</p> <p><i>Iron</i> 2.31 Mg</p> <p><i>Calc</i> 674.61 Mg</p>
<p>4</p> <p>Choose one</p> <p>Meatball Sub</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Baby Carrots</p> <p>Veggie Bar - Any</p> <p>Fresh or Cnd Fruit</p>	<p>5</p> <p>Choose one</p> <p>Chicken / Potato</p> <p>Gravy / Roll</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Five</p> <p>Green Beans</p> <p>Veggie Bar - Any</p> <p>Fruit Juice or Canned Fruit</p> <p>Sugar Cookie</p>	<p>6</p> <p>Choose One</p> <p>Stuffed Crust Pizza -The</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Romaine lettuce</p> <p>Tomatoes Grape</p> <p>Fresh or Cnd Fruit</p>	<p>7</p> <p>Choose One</p> <p>Walking BEEF Taco</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Corn</p> <p>Refried Beans</p> <p>Fresh Fruit or Juice</p>	<p>8</p> <p>Choose one</p> <p>Burger/ Cheese / Bun</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Veggie Bar - Any</p> <p>Mashed Potatoes with Gravy</p> <p>Fresh or Cnd Fruit</p>	<p><i>Cal</i> 606</p> <p><i>T.Fat</i> 19.12 G</p> <p><i>S.Fat</i> 6.9 G</p> <p><i>Chol</i> 54.2 Mg</p> <p><i>Sodm</i> 971.08 Mg</p> <p><i>Carb</i> 80.82 G</p> <p><i>Fiber</i> 7.6 G</p> <p><i>Prtn</i> 29.04 G</p> <p><i>Iron</i> 2.75 Mg</p> <p><i>Calc</i> 444.23 Mg</p>
<p>11</p> <p>Choose one</p> <p>Mini Chicken Corn Dogs</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Baby Carrots</p> <p>Green Beans</p> <p>Fresh or Cnd Fruit</p>	<p>12</p> <p>Choose One</p> <p>Elemen. Brunch Lunch</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Hash Browns</p> <p>Veggie Bar - Any</p> <p>Fresh Fruit or Juice</p>	<p>13</p> <p>Choose One</p> <p>Cheese Pizza - The Max</p> <p>Garlic Pizza</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Romaine lettuce</p> <p>Tomatoes Grape</p> <p>Fresh or Cnd Fruit</p>	<p>14</p> <p>Choose one</p> <p>Chicken Fajita Rice Bowl</p> <p>Yogurt w/cheese & pretzel</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Refried Beans</p> <p>Corn</p> <p>Fresh Fruit or Juice</p>	<p>15</p> <p>Choose One</p> <p>Chicken Caesar w/ Breadstick</p> <p>Popcom</p> <p>Chicken/breadsti</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Cucumber Slices</p> <p>Veggie Bar - Any</p> <p>Mand. Oranges or Fresh Fruit</p>	<p><i>Cal</i> 666</p> <p><i>T.Fat</i> 22.75 G</p> <p><i>S.Fat</i> 6.9 G</p> <p><i>Chol</i> 73.7 Mg</p> <p><i>Sodm</i> 1019.83 Mg</p> <p><i>Carb</i> 88.00 G</p> <p><i>Fiber</i> 6.5 G</p> <p><i>Prtn</i> 27.97 G</p> <p><i>Iron</i> 2.50 Mg</p> <p><i>Calc</i> 434.45 Mg</p>
<p>18</p> <p>Choose one</p> <p>Pulled Pork / bun</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Green Beans</p> <p>Veggie Bar - Any</p> <p>Fresh Fruit or Juice</p>	<p>19</p> <p>Choose One</p> <p>Chicken Nuggets, Roll TY</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Broccoli w/Cheese</p> <p>Baked Beans</p> <p>Fresh or Cnd Fruit</p>	<p>20</p> <p>Choose One</p> <p>French Bread Pizza-elem</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Romaine lettuce</p> <p>Tomatoes Grape</p> <p>Fresh or Cnd Fruit</p>	<p>21</p> <p>Bag Lunch Day</p> <p>Burger/ Cheese / Bun</p> <p>Choose Up to Five</p> <p>Baby Carrots</p> <p>Veggie Bar - Any</p> <p>Peaches or Juice</p> <p>Sugar Cookie</p>	<p>22</p> 	<p><i>Cal</i> 633</p> <p><i>T.Fat</i> 19.47 G</p> <p><i>S.Fat</i> 6.8 G</p> <p><i>Chol</i> 51.8 Mg</p> <p><i>Sodm</i> 913.50 Mg</p> <p><i>Carb</i> 86.69 G</p> <p><i>Fiber</i> 7.0 G</p> <p><i>Prtn</i> 29.69 G</p> <p><i>Iron</i> 3.33 Mg</p> <p><i>Calc</i> 444.03 Mg</p>
<p>25</p> <p>Choose One</p> <p>Chicken Patty/Bun</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Broccoli w/Cheese</p> <p>Veggie Bar - Any</p> <p>Fresh or Cnd Fruit</p>	<p>26</p> <p>Choose One</p> <p>Mashed Potato</p> <p>Bowl w/ roll</p> <p>Popcom Chicken / Roll</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Corn</p> <p>Pepper Red Strips</p> <p>Fresh Fruit or Juice</p>	<p>27</p> <p>Choose One</p> <p>Pepperoni Pizza</p> <p>PBJ Sand & cheese</p> <p>Choose Up To Four</p> <p>Baby Carrots</p> <p>Cucumber Slices</p> <p>Fresh or Cnd Fruit</p>	<p>28</p> <p>Choose One</p> <p>Taco</p> <p>PBJ Sand & cheese</p> <p>Choose Up to Five</p> <p>Corn</p> <p>Refried Beans</p> <p>Soft Pretzel Rods</p> <p>Fresh Fruit or Juice</p>	<p>29</p> 	<p><i>Cal</i> 630</p> <p><i>T.Fat</i> 19.54 G</p> <p><i>S.Fat</i> 6.2 G</p> <p><i>Chol</i> 39.5 Mg</p> <p><i>Sodm</i> 964.65 Mg</p> <p><i>Carb</i> 84.99 G</p> <p><i>Fiber</i> 8.1 G</p> <p><i>Prtn</i> 31.01 G</p> <p><i>Iron</i> 2.27 Mg</p> <p><i>Calc</i> 415.49 Mg</p>

HAPPY
Easter

1% plain & flavored milk is offered at lunch and breakfast

