Northern Tioga Middle School (7th-8th grade) Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		R3S		1 Choose one Mac & Cheese/ Roll Fish Nugget w/ Mac & Cheese/Roll Burger/ Cheese / Bun Choose Up To Four Peas Veggie Bar - Any Fresh Fruit or Juice	Cal 633 T.Fat 18.07 G S.Fat 7.3 G Chol 46.5 Mg Sodm 1074.41 Mg Carb 86.67 G Fiber 7.6 G Prtn 31.37 G Iron 2.38 Mg Calc 628.26 Mg
4 Choose one Meatball Sub Cheese Pizza Burger/ Cheese / Bun Choose Up To Four Veggie Bar - Any Baby Carrots Fresh or Cnd Fruit	Choose one Chicken / Potato Gravy / Roll Burger/ Cheese / Bun Cheese Pizza Choose Up to Five Green Beans Veggie Bar - Any Fruit Juice or Canned Fruit	6 Choose One Stuffed Crust Pizza Burger/ Cheese / Bun Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit	7 Choose One Walking BEEF Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fresh Fruit or Juice	8 Choose One Rodeo Burger Cheese Pizza Choose Up To Four Mashed Potatoes with Gravy Veggie Bar - Any Fresh or Cnd Fruit	Cal 608 T.Fat 18.46 G S.Fat 7.5 G Chol 55.8 Mg Sodm 1068.17 Mg Carb 82.27 G Fiber 7.7 G Prtn 29.48 G Iron 2.97 Mg Calc 440.88 Mg
11 Choose one Mini Corn Dogs Burger/ Cheese / Bun Cheese Pizza Choose Up To Four Baby Carrots Green Beans Fresh or Cnd Fruit	12 Choose One MS Brunch Lunch Burger/ Cheese / Bun Cheese Pizza Choose Up To Four Hash Browns Veggie Bar - Any Fresh Fruit or Juice	Choose One Cheese Pizza - The Max Garlic Pizza Burger/ Cheese / Bun Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit	14 Choose One Chicken Fajita Rice Bowl Yogurt w/ string ch. & pret. Cheese Pizza Choose Up to Five Corn Refried Beans Fresh Fruit or Juice	15 Choose One Chicken Caesar w/ Breadstick Popcom Chicken/breadsti Cheese Pizza Choose Up To Four Cucumber Slices Veggie Bar - Any Mand. Oranges	Cal 699 T.Fat 25.51 G S.Fat 7.9 G Chol 74.3 Mg Sodm 1165.60 Mg Carb 88.57 G Fiber 6.7 G Prtn 29.26 G Iron 2.58 Mg Calc 454.59 Mg
18 Choose one Pulled Pork / bun Burger/ Cheese / Bun Cheese Pizza Choose Up To Four Green Beans Veggie Bar - Any Fresh Fruit or Juice	Choose One Chicken Nuggets, Roll TY Cheese Pizza Burger/ Cheese / Bun Choose Up To Four Baked Beans Broccoli w/Cheese Fresh or Cnd Fruit	20 Choose One French Bread Pizza-elem Burger/ Cheese / Bun Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit	21 Bag Lunch Day Burger/ Cheese / Bun Choose Up to Five Baby Carrots Veggie Bar - Any Peaches or Juice Sugar Cookie	22 10 C C	Cal 701 T.Fat 27.76 G S.Fat 8.7 G Chol 63.3 Mg Sodm 1062.60 Mg Carb 83.28 G Fiber 7.4 G Prtn 30.00 G Iron 3.27 Mg Calc 425.34 Mg
25 Choose one Chicken Patty/Bun Cheese Pizza Burger/ Cheese / Bun Choose Up To Four Broccoli w/Cheese Veggie Bar - Any Fresh or Cnd Fruit	26 Choose One Mashed Potato Bowl w/ roll Popcom Chicken / Roll Cheese Pizza Choose Up To Four Corn Pepper Red Strips Fresh Fruit or Juice	27 Choose One Pepperoni Pizza Burger/ Cheese / Bun Choose Up To Four Baby Carrots Cucumber Slices Fresh or Cnd Fruit	28 Choose One Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fresh Fruit or Juice	29	Cal 653 T.Fat 21.68 G S.Fat 7.6 G Chol 50.6 Mg Sodm 1159.14 Mg Carb 85.44 G Fiber 8.5 G Prtn 30.91 G Iron 2.28 Mg Calc 409.85 Mg
				1% plain & flavored milk is offered at lunch and	



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

