

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

Monday

Tuesday



Wednesday

Thursday

Friday

Nutrients



4	5	6	7	8	<div>Cal608</div> <div>T.Fat18.46 G</div> <div>S.Fat7.5 G</div> <div>Chol55.8 Mg</div> <div>Sodm1068.17 Mg</div> <div>Carb82.27 G</div> <div>Fiber7.7 G</div> <div>Prtn29.48 G</div> <div>Iron2.97 Mg</div> <div>Calc440.88 Mg</div>
11	12	13	14	15	<div>Cal699</div> <div>T.Fat25.51 G</div> <div>S.Fat7.9 G</div> <div>Chol74.3 Mg</div> <div>Sodm1165.60 Mg</div> <div>Carb88.57 G</div> <div>Fiber6.7 G</div> <div>Prtn29.26 G</div> <div>Iron2.58 Mg</div> <div>Calc454.59 Mg</div>
18	19	20	21	22	<div>Cal701</div> <div>T.Fat27.76 G</div> <div>S.Fat8.7 G</div> <div>Chol63.3 Mg</div> <div>Sodm1062.60 Mg</div> <div>Carb83.28 G</div> <div>Fiber7.4 G</div> <div>Prtn30.00 G</div> <div>Iron3.27 Mg</div> <div>Calc425.34 Mg</div> <div></div>
25	26	27	28	29	<div>Cal653</div> <div>T.Fat21.68 G</div> <div>S.Fat7.6 G</div> <div>Chol50.6 Mg</div> <div>Sodm1159.14 Mg</div> <div>Carb85.44 G</div> <div>Fiber8.5 G</div> <div>Prtn30.91 G</div> <div>Iron2.28 Mg</div> <div>Calc409.85 Mg</div> <div></div>



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

