
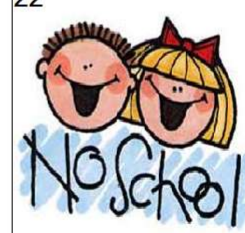





# Northern Tioga Middle & High School (7TH -12TH GRADE)

## Breakfast

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Nutrients  |
|---|---|--|---|--|--|
|                                |   |  |   | <b>1</b><br>Choose Up to Five Assorted Breads<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit   | <i>Cal</i> 547<br><i>T.Fat</i> 12.48 G<br><i>S.Fat</i> 3.0 G<br><i>Chol</i> 12.3 Mg<br><i>Sodm</i> 513.65 Mg<br><i>Carb</i> 97.72 G<br><i>Fiber</i> 4.2 G<br><i>Prtn</i> 14.30 G<br><i>Iron</i> 2.79 Mg<br><i>Calc</i> 472.06 Mg |
| <b>4</b><br>Choose Up to Five Muffin<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit               | <b>5</b><br>Choose Up to Five Breakfast Pizza MS HS<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit  | <b>6</b><br>Choose Up to Five French Toast Sticks<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit<br>Milk   | <b>7</b><br>Choose Up to Five Mini Cinnis<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit            | <b>8</b><br>Choose Up to Five Bagel<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit   | <i>Cal</i> 518<br><i>T.Fat</i> 12.39 G<br><i>S.Fat</i> 3.2 G<br><i>Chol</i> 39.4 Mg<br><i>Sodm</i> 570.45 Mg<br><i>Carb</i> 86.28 G<br><i>Fiber</i> 4.6 G<br><i>Prtn</i> 14.34 G<br><i>Iron</i> 2.77 Mg<br><i>Calc</i> 397.05 Mg |
| <b>11</b><br>Choose Up to Five Snack N Waffles<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit     | <b>12</b><br>Choose Up to Five Yogurt Parfait<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit        | <b>13</b><br>Choose Up to Five Pancakes DW<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit                  | <b>14</b><br>Choose Up to Five Egg & Sausage Burrito<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit | <b>15</b><br>Choose Up to Five Muffin Top<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit   | <i>Cal</i> 480<br><i>T.Fat</i> 9.71 G<br><i>S.Fat</i> 3.1 G<br><i>Chol</i> 36.4 Mg<br><i>Sodm</i> 495.99 Mg<br><i>Carb</i> 84.53 G<br><i>Fiber</i> 4.6 G<br><i>Prtn</i> 14.09 G<br><i>Iron</i> 2.49 Mg<br><i>Calc</i> 404.58 Mg  |
| <b>18</b><br>Choose Up to Five Fruit Frudel Pastry<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit | <b>19</b><br>Choose Up to Five Breakfast Pizza MS HS<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit | <b>20</b><br>Choose Up to Five French Toast Sticks<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit<br>Milk  | <b>21</b><br>Choose Up to Five Assorted Breads<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit       | <b>22</b><br>   | <i>Cal</i> 527<br><i>T.Fat</i> 12.40 G<br><i>S.Fat</i> 3.2 G<br><i>Chol</i> 37.7 Mg<br><i>Sodm</i> 581.90 Mg<br><i>Carb</i> 89.05 G<br><i>Fiber</i> 5.0 G<br><i>Prtn</i> 14.48 G<br><i>Iron</i> 2.95 Mg<br><i>Calc</i> 404.85 Mg |
| <b>25</b><br>Choose Up to Five Muffin<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit              | <b>26</b><br>Choose Up to Five Cinnamon Roll<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit         | <b>27</b><br>Choose Up to Five Pancake & Sausage on a stick<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit | <b>28</b><br>Choose Up to Five Mini Cinnis<br>Cereal<br>Cereal Bar<br>Fruit Juice<br>Fresh or Cnd Fruit           | <b>29</b><br>   | <i>Cal</i> 464<br><i>T.Fat</i> 9.30 G<br><i>S.Fat</i> 2.7 G<br><i>Chol</i> 22.1 Mg<br><i>Sodm</i> 485.00 Mg<br><i>Carb</i> 82.71 G<br><i>Fiber</i> 4.2 G<br><i>Prtn</i> 13.53 G<br><i>Iron</i> 3.13 Mg<br><i>Calc</i> 372.99 Mg  |
|                              |   |  |   | <b>1% plain &amp; flavored milk is offered at lunch and breakfast</b><br> |  |