

Northern Tioga School District High School (9th-12th grade) Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
				1 Choose one Mac & Cheese/Roll Fish Nugget w/ Macaroni & Cheese/Roll Burger/ Cheese / Bun Choose Up to Five Peas Veggie Bar - Any Fresh Fruit Fruit Juice	Cal 754 T.Fat 19.42 G S.Fat 8.1 G Chol 52.2 Mg Sodm 1287.71 Mg Carb 108.10 G Fiber 9.6 G Prtn 37.96 G Iron 2.69 Mg Calc 810.38 Mg
4 Choose one Meatball Sub Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Baby Carrots Veggie Bar - Any Fresh Fruit Canned Fruit Cheese and Crackers	5 Choose one Chicken/ Gravy Potatoes/ Roll Burger/ Cheese / Bun Cheese Pizza Choose Up to Six Green Beans Veggie Bar - Any Fruit Juice Canned Fruit	6 Choose One Stuffed Crust Pizza Burger/ Cheese / Bun Choose Up to Six Romaine lettuce Tomatoes Grape Canned Fruit Fresh Fruit Yogurt	7 Choose One Walking BEEF Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Corn Refried Beans Soft Pretzel Fresh Fruit Fruit Juice	8 Choose One Rodeo Burger Cheese Pizza Choose Up to Six Mashed Potatoes with Gravy Veggie Bar - Any Canned Fruit Fresh Fruit Sugar Cookie	Cal 746 T.Fat 22.05 G S.Fat 8.3 G Chol 66.1 Mg Sodm 1253.50 Mg Carb 107.11 G Fiber 9.3 G Prtn 32.89 G Iron 3.44 Mg Calc 463.20 Mg
11 Choose one Mini Corn Dogs Burger/ Cheese / Bun Cheese Pizza Choose Up to Six Baby Carrots Green Beans Fresh Fruit Canned Fruit Sugar Cookie	12 Choose One HS Brunch Lunch Burger/ Cheese / Bun Cheese Pizza Choose Up to Five Hash Browns Veggie Bar - Any Fresh Fruit Fruit Juice	13 Choose One Cheese Pizza - The Max Garlic Pizza Burger/ Cheese / Bun Choose Up to Five Romaine lettuce Tomatoes Grape Canned Fruit Fresh Fruit	14 Choose One Chicken Fajita Rice Bowl Yogurt w/ string ch. & pret. Cheese Pizza Choose Up to Five Corn Refried Beans Fruit Juice Fresh Fruit	15 Choose One Chicken Caesar w/ Breadstick Popcom Chicken/Breadst Cheese Pizza Choose Up to Five Cucumber Slices Veggie Bar - Any Fresh Fruit	Cal 759 T.Fat 25.95 G S.Fat 8.5 G Chol 76.7 Mg Sodm 1201.06 Mg Carb 102.02 G Fiber 7.9 G Prtn 30.78 G Iron 3.12 Mg Calc 509.22 Mg
18 Choose one Pulled Pork / bun Burger/ Cheese / Bun Cheese Pizza Choose Up to Five Green Beans Veggie Bar - Any Fruit Juice Fresh Fruit	19 Choose one Chicken Nuggets w/ Roll Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Baked Beans Broccoli w/Cheese Fresh Fruit Canned Fruit	20 Choose One French Bread Pizza Burger/ Cheese / Bun Choose Up to Six Romaine lettuce Tomatoes Grape Canned Fruit Fresh Fruit Carnival Cookie	21 Bag Lunch Day Burger/ Cheese / Bun Choose Up to Six Baby Carrots Veggie Bar - Any Fruit Juice Fresh Fruit Sugar Cookie	22 	Cal 785 T.Fat 29.44 G S.Fat 10.0 G Chol 70.1 Mg Sodm 1088.96 Mg Carb 100.14 G Fiber 9.8 G Prtn 32.46 G Iron 3.89 Mg Calc 475.77 Mg
25 Choose one Chicken Patty/Bun Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Broccoli w/Cheese Veggie Bar - Any Canned Fruit Fresh Fruit	26 Choose One Mashed Potato Bowl w/ roll Popcom Chicken / Roll Cheese Pizza Choose Up to Five Corn Pepper Red Strips Fruit Juice Fresh Fruit	27 Choose One Pepperoni Pizza Burger/ Cheese / Bun Choose Up to Six Baby Carrots Cucumber Slices Canned Fruit Fresh Fruit Sugar Cookie	28 Choose One Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Corn Refried Beans Soft Pretzel Fruit Juice Fresh Fruit	29 	Cal 744 T.Fat 22.55 G S.Fat 7.7 G Chol 53.4 Mg Sodm 1132.49 Mg Carb 105.98 G Fiber 11.2 G Prtn 33.45 G Iron 2.71 Mg Calc 424.94 Mg



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

