




Northern Tioga Schools Elementary (K-6th) Lunch

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

Northern Tioga School
District is
an equal opportunity
employer and provider.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 Choose One Walking BEEF Taco PBJ Sand & cheese Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fresh or Cnd Fruit	2 Choose one Macaroni & Cheese & Roll Fish Nugget w/ Mac & Cheese/Roll PBJ Sand & cheese Choose Up To Four Peas Broccoli Fresh Fruit or Juice	Cal 639 T.Fat 19.00 G S.Fat 6.6 G Chol 49.5 Mg Sodm 986.98 Mg Carb 87.85 G Fiber 6.7 G Prtn 29.93 G Iron 1.70 Mg Calc 469.28 Mg Vit A 33.52 RE Vit C 24.46 Mg
5 Choose one Chicken Patty/Bun PBJ Sand & cheese Choose Up To Four Green Beans Potato Smiles Fresh or Cnd Fruit	6 Choose One Chicken / Potato Gravy / Roll PBJ Sand & cheese Choose Up To Four Peas Baby Carrots Fresh or Cnd Fruit	7 Choose One Pepperoni Pizza PBJ Sand & cheese Choose Up To Four Romaine lettuce Tomatoes Grape Fruit Juice or Canned Fruit	8 Choose one Chicken Quesadilla PBJ Sand & cheese Choose Up to Five Corn REFRIED BEANS Fresh Fruit or Juice Soft Pretzel Rods	9 	Cal 641 T.Fat 20.06 G S.Fat 6.7 G Chol 52.7 Mg Sodm 1033.47 Mg Carb 85.16 G Fiber 7.6 G Prtn 32.07 G Iron 1.98 Mg Calc 420.84 Mg Vit A 32.71 RE Vit C 25.35 Mg
12 Choose one Lasagna Rollup & breadst PBJ Sand & cheese Choose Up To Four Peas Veggie Bar - Any Fresh Fruit or Juice	13 Choose One Elemen. Brunch Lunch PBJ Sand & cheese Choose Up To Four Hash Browns Veggie Bar - Any Fresh Fruit or Juice	14 Choose One Stuffed Crust Pizza PBJ Sand & cheese Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit	15 Choose one ChickenFajita pretz.rod Yogurt w/cheese & pretzel PBJ Sand & cheese Choose Up To Four Refried Beans Corn Fresh or Cnd Fruit	16 Choose One Chicken Caesar w/ pretzel rod Popcom Chicken/pretsel PBJ Sand & cheese Choose Up To Four Candied Carrots Veggie Bar - Any Mand. Oranges or Fresh Fruit	Cal 667 T.Fat 23.76 G S.Fat 7.6 G Chol 63.1 Mg Sodm 933.62 Mg Carb 86.16 G Fiber 6.5 G Prtn 28.55 G Iron 2.97 Mg Calc 482.94 Mg Vit A 37.21 RE Vit C 28.34 Mg
19 Choose one Mini Corn Dogs PBJ Sand & cheese Choose Up To Four Baby Carrots Baked Beans Fresh or Cnd Fruit	20 Choose One Mashed Potato Bowl w/ roll Popcom Chicken / Roll PBJ Sand & cheese Choose Up To Four Corn Veggie Bar - Any Fruit Juice or Canned Fruit	21 Choose One Cheese Pizza Garlic Pizza PBJ Sand & cheese Choose Up To Four Broccoli w/Cheese Tomatoes Grape Fresh or Cnd Fruit	22 Choose one Taco Yogurt w/cheese & pretzel PBJ Sand & cheese Choose Up to Five Corn Refried Beans Fresh or Cnd Fruit Soft Pretzel Rods	23 Choose one Meatball Sub PBJ Sand & cheese Choose Up To Four Pepper Red Strips Potato Smiles Fresh or Cnd Fruit	Cal 631 T.Fat 20.24 G S.Fat 6.0 G Chol 44.3 Mg Sodm 987.87 Mg Carb 84.88 G Fiber 7.1 G Prtn 29.09 G Iron 3.16 Mg Calc 459.76 Mg Vit A 31.87 RE Vit C 28.19 Mg
26 	27 Choose One Chicken Nuggets/Roll PBJ Sand & cheese Choose Up To Four Baby Carrots Baked Beans Fresh Fruit or Juice	28 Choose One French Bread Pizza-elem PBJ Sand & cheese Choose Up To Four Romaine lettuce Veggie Bar - Any Fresh or Cnd Fruit	29 Choose One Walking BEEF Taco PBJ Sand & cheese Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fresh Fruit or Juice	30 Choose one Cheese Breadstick w/ meatballs PBJ Sand & cheese Choose Up To Four Sweet Potato Fries Cucumber Slices Fresh or Cnd Fruit	Cal 649 T.Fat 22.20 G S.Fat 6.7 G Chol 42.1 Mg Sodm 1080.99 Mg Carb 85.62 G Fiber 6.3 G Prtn 28.62 G Iron 3.37 Mg Calc 474.38 Mg Vit A 35.54 RE Vit C 30.20 Mg