




# Northern Tioga Schools

## Elementary(K-6th) Breakfast

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 Up to Five Pancake & Sausage on a stick Cereal Fruit Juice Fresh or Cnd Fruit	2 Choose Up to Five Mini Cinnis Cereal Fruit Juice Fresh or Cnd Fruit	<i>Cal</i> 459 <i>T.Fat</i> 8.83 G <i>S.Fat</i> 2.7 G <i>Chol</i> 13.2 Mg <i>Sodm</i> 591.74 Mg <i>Carb</i> 82.15 G <i>Fiber</i> 4.2 G <i>Prtn</i> 14.39 G <i>Iron</i> 4.24 Mg <i>Calc</i> 364.76 Mg <i>Vit A</i> 50.15 RE
5 Choose Up to Five Sweet Bread Cereal Fruit Juice Fresh or Cnd Fruit	6 Choose Up to Five Egg & Sausage Burrito Cereal Fruit Juice Fresh or Cnd Fruit	7 Choose Up to Five Snack N Waffles Cereal Fruit Juice Fresh or Cnd Fruit	8 Choose Up to Five Muffin Cereal Fruit Juice Fresh or Cnd Fruit	9 	<i>Cal</i> 493 <i>T.Fat</i> 10.39 G <i>S.Fat</i> 3.6 G <i>Chol</i> 35.2 Mg <i>Sodm</i> 539.55 Mg <i>Carb</i> 86.81 G <i>Fiber</i> 3.9 G <i>Prtn</i> 13.83 G <i>Iron</i> 3.58 Mg <i>Calc</i> 370.39 Mg <i>Vit A</i> 53.26 RE
12 Choose Up to Five Pancakes DW Cereal Fruit Juice Fresh or Cnd Fruit	13 Choose Up to Five Cinnamon Roll Cereal Fruit Juice Fresh or Cnd Fruit	14 Choose Up to Five Muffin Cereal Fruit Juice Fresh or Cnd Fruit	15 Choose Up to Five Breakfast Pizza -Element Cereal Fruit Juice Fresh or Cnd Fruit	16 Choose Up to Five Strawberry Cream Cheese Mini Bagels Cereal Fruit Juice Fresh or Cnd Fruit	<i>Cal</i> 479 <i>T.Fat</i> 8.34 G <i>S.Fat</i> 2.7 G <i>Chol</i> 20.8 Mg <i>Sodm</i> 503.65 Mg <i>Carb</i> 87.24 G <i>Fiber</i> 4.1 G <i>Prtn</i> 14.04 G <i>Iron</i> 3.91 Mg <i>Calc</i> 379.07 Mg <i>Vit A</i> 51.46 RE
19 Choose Up to Five Fruit Frudel Pastry Cereal Fruit Juice Fresh or Cnd Fruit	20 Choose Up to Five French Toast Sticks Cereal Fruit Juice Fresh or Cnd Fruit	21 Choose Up to Five Yogurt Parfait Cereal Fruit Juice Fresh or Cnd Fruit	22 Choose Up to Five Breakfast Pizza -Element Cereal Fruit Juice Fresh or Cnd Fruit	23 Choose Up to Five Pancakes DW Cereal Fruit Juice Fresh or Cnd Fruit	<i>Cal</i> 463 <i>T.Fat</i> 8.29 G <i>S.Fat</i> 2.4 G <i>Chol</i> 30.8 Mg <i>Sodm</i> 518.57 Mg <i>Carb</i> 83.08 G <i>Fiber</i> 4.0 G <i>Prtn</i> 14.24 G <i>Iron</i> 3.70 Mg <i>Calc</i> 392.12 Mg <i>Vit A</i> 50.47 RE
26 	27 Choose Up to Five Sweet Bread Cereal Fruit Juice Fresh or Cnd Fruit	28 Choose Up to Five Snack N Waffles Cereal Fruit Juice Fresh or Cnd Fruit	29 Choose Up to Five Pancake & Sausage on a stick Cereal Fruit Juice Fresh or Cnd Fruit	30 Choose Up to Five Mini Cinnis Cereal Fruit Juice Fresh or Cnd Fruit	<i>Cal</i> 489 <i>T.Fat</i> 10.00 G <i>S.Fat</i> 3.3 G <i>Chol</i> 18.5 Mg <i>Sodm</i> 569.10 Mg <i>Carb</i> 87.28 G <i>Fiber</i> 4.0 G <i>Prtn</i> 14.12 G <i>Iron</i> 4.05 Mg <i>Calc</i> 378.11 Mg <i>Vit A</i> 53.84 RE