

# Northern Tioga Middle School

## (7th-8th grade) Lunch Menu

**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 Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fresh or Cnd Fruit	2 Choose one Mac & Cheese/ Roll Fish Nugget w/ Mac & Cheese/Roll Burger/ Cheese / Bun Cheese Pizza Choose Up To Four Peas Broccoli Fresh Fruit or Juice	<b>Cal 634</b> <b>T.Fat 20.10 G</b> <b>S.Fat 7.9 G</b> <b>Chol 56.8 Mg</b> <b>Sodm 1041.14 Mg</b> <b>Carb 82.53 G</b> <b>Fiber 7.4 G</b> <b>Prtn 31.24 G</b> <b>Iron 1.76 Mg</b> <b>Calc 479.78 Mg</b> <b>Vit A 29.34 RE</b>
5 Choose One Chicken Patty/Bun Cheese Pizza Choose Up To Four Green Beans Potato Smiles Fresh or Cnd Fruit	6 Choose One Chicken/ Gravy Potatoes/ Roll Burger/ Cheese / Bun Cheese Pizza Choose Up To Four Peas Baby Carrots Fresh or Cnd Fruit	7 Choose One Pepperoni Pizza Burger/ Cheese / Bun Choose Up To Four Romaine lettuce Tomatoes Grape Fruit Juice or Canned Fruit	8 Choose one Chicken Quesadilla Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Fresh Fruit or Juice Soft Pretzel Rods	9 	<b>Cal 640</b> <b>T.Fat 20.66 G</b> <b>S.Fat 7.3 G</b> <b>Chol 59.4 Mg</b> <b>Sodm 1081.31 Mg</b> <b>Carb 81.72 G</b> <b>Fiber 8.2 G</b> <b>Prtn 33.23 G</b> <b>Iron 2.42 Mg</b> <b>Calc 379.15 Mg</b> <b>Vit A 27.57 RE</b>
12 Choose one Lasagna Rollup & breadst Cheese Pizza Burger/ Cheese / Bun Choose Up To Four Peas Veggie Bar - Any Fresh Fruit or Juice	13 Choose One MS Brunch Lunch Burger/ Cheese / Bun Cheese Pizza Choose Up To Four Hash Browns Veggie Bar - Any Fresh Fruit or Juice	14 Choose One Stuffed Crust Pizza Burger/ Cheese / Bun Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit	15 Choose One ChickenFajita lg.pretzel Yogurt w/ string ch. & pret. Cheese Pizza Choose Up to Five Corn Refried Beans Fresh or Cnd Fruit	16 Choose One Chicken Caesar w/ pretzel rod Popcorn Chicken/pretzel Cheese Pizza Choose Up To Four Candied Carrots Veggie Bar - Any Mand. Oranges or Fresh Fruit	<b>Cal 720</b> <b>T.Fat 26.44 G</b> <b>S.Fat 8.6 G</b> <b>Chol 80.1 Mg</b> <b>Sodm 1062.79 Mg</b> <b>Carb 91.60 G</b> <b>Fiber 7.2 G</b> <b>Prtn 29.95 G</b> <b>Iron 3.20 Mg</b> <b>Calc 465.39 Mg</b> <b>Vit A 38.25 RE</b>
19 Choose one Mini Corn Dogs Burger/ Cheese / Bun Cheese Pizza Choose Up To Four Baby Carrots Baked Beans Fresh or Cnd Fruit	20 Choose One Mashed Potato Bowl w/ roll Popcorn Chicken / Roll Cheese Pizza Choose Up To Four Corn Veggie Bar - Any Fruit Juice or Canned Fruit	21 Choose One Cheese Pizza Garlic Pizza Burger/ Cheese / Bun Choose Up To Four Broccoli w/Cheese Tomatoes Grape Fresh or Cnd Fruit	22 Choose One Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fresh or Cnd Fruit	23 Choose one Meatball Sub Cheese Pizza Burger/ Cheese / Bun Choose Up To Four Pepper Red Strips Potato Smiles Fresh or Cnd Fruit	<b>Cal 674</b> <b>T.Fat 24.40 G</b> <b>S.Fat 8.4 G</b> <b>Chol 59.6 Mg</b> <b>Sodm 1106.51 Mg</b> <b>Carb 83.79 G</b> <b>Fiber 7.5 G</b> <b>Prtn 30.89 G</b> <b>Iron 3.09 Mg</b> <b>Calc 440.84 Mg</b> <b>Vit A 34.10 RE</b>
26 	27 Choose One Chicken Nuggets, Roll TY Cheese Pizza Burger/ Cheese / Bun Choose Up To Four Baby Carrots Baked Beans Fresh Fruit or Juice	28 Choose One French Bread Pizza Burger/ Cheese / Bun Choose Up To Four Romaine lettuce Veggie Bar - Any Fresh or Cnd Fruit	29 Choose One Walking BEEF Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fresh Fruit or Juice	30 Choose One Cheese Breadstick w/ meatballs Burger/ Cheese / Bun Cheese Pizza Choose Up To Four Sweet Potato Fries Cucumber Slices Fresh or Cnd Fruit	<b>Cal 673</b> <b>T.Fat 23.46 G</b> <b>S.Fat 9.0 G</b> <b>Chol 57.2 Mg</b> <b>Sodm 995.15 Mg</b> <b>Carb 85.34 G</b> <b>Fiber 7.4 G</b> <b>Prtn 31.10 G</b> <b>Iron 2.88 Mg</b> <b>Calc 485.32 Mg</b> <b>Vit A 34.04 RE</b>