

# Northern Tioga Middle & High School (7th -12th grade) Breakfast

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			<b>1</b> Choose Up to Five Pancake & Sausage on a stick Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>2</b> Choose Up to Five Mini Cinnis Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>Cal 439</b> <b>T.Fat 9.28 G</b> <b>S.Fat 2.6 G</b> <b>Chol 12.8 Mg</b> <b>Sodm 527.89 Mg</b> <b>Carb 76.02 G</b> <b>Fiber 4.1 G</b> <b>Prtn 13.83 G</b> <b>Iron 2.89 Mg</b> <b>Calc 388.06 Mg</b> <b>Vit A 45.61 RE</b>
<b>5</b> Choose Up to Five Sweet Bread Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>6</b> Choose Up to Five Egg & Sausage Burrito Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>7</b> Choose Up to Five Snack N Waffles Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>8</b> Choose Up to Five Muffin Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>9</b> 	<b>Cal 521</b> <b>T.Fat 12.06 G</b> <b>S.Fat 3.9 G</b> <b>Chol 37.8 Mg</b> <b>Sodm 533.84 Mg</b> <b>Carb 89.01 G</b> <b>Fiber 4.2 G</b> <b>Prtn 14.31 G</b> <b>Iron 2.76 Mg</b> <b>Calc 431.93 Mg</b> <b>Vit A 52.01 RE</b>
<b>12</b> Choose Up to Five Pancakes DW Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>13</b> Choose Up to Five Cinnamon Roll Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>14</b> Choose Up to Five Muffin Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>15</b> Choose Up to Five Breakfast Pizza MS HS Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>16</b> Choose Up to Five Strawberry Cream Cheese Mini Bagels Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>Cal 535</b> <b>T.Fat 10.68 G</b> <b>S.Fat 3.1 G</b> <b>Chol 23.7 Mg</b> <b>Sodm 543.36 Mg</b> <b>Carb 93.69 G</b> <b>Fiber 5.1 G</b> <b>Prtn 13.96 G</b> <b>Iron 3.13 Mg</b> <b>Calc 415.62 Mg</b> <b>Vit A 49.59 RE</b>
<b>19</b> Choose Up to Five Fruit Frudel Pastry Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>20</b> Choose Up to Five French Toast Sticks Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>21</b> Choose Up to Five Yogurt Parfait Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>22</b> Choose Up to Five Breakfast Pizza MS HS Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>23</b> Choose Up to Five Pancakes DW Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>Cal 524</b> <b>T.Fat 10.73 G</b> <b>S.Fat 2.8 G</b> <b>Chol 35.6 Mg</b> <b>Sodm 566.01 Mg</b> <b>Carb 90.35 G</b> <b>Fiber 5.0 G</b> <b>Prtn 14.35 G</b> <b>Iron 2.96 Mg</b> <b>Calc 428.93 Mg</b> <b>Vit A 49.10 RE</b>
<b>26</b> 	<b>27</b> Choose Up to Five Sweet Bread Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>28</b> Choose Up to Five Snack N Waffles Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>29</b> Choose Up to Five Pancake & Sausage on a stick Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>30</b> Choose Up to Five Mini Cinnis Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit	<b>Cal 493</b> <b>T.Fat 11.09 G</b> <b>S.Fat 3.4 G</b> <b>Chol 18.8 Mg</b> <b>Sodm 530.62 Mg</b> <b>Carb 85.48 G</b> <b>Fiber 4.1 G</b> <b>Prtn 14.02 G</b> <b>Iron 2.99 Mg</b> <b>Calc 418.94 Mg</b> <b>Vit A 51.02 RE</b>