



Northern Tioga School District High School (9th-12thgrade) 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 Six Corn Refried Beans Soft Pretzel Fresh Fruit Applesauce	2 Choose one Mac & Cheese/Roll Fish Nugget w/ Macaroni & Cheese/Roll Burger/ Cheese / Bun Cheese Pizza Choose Up to Five Peas Broccoli Fruit Juice Fresh Fruit	Cal 739 T.Fat 21.89 G S.Fat 8.2 G Chol 56.8 Mg Sodm 1152.50 Mg Carb 103.48 G Fiber 9.3 G Prtn 34.50 G Iron 2.25 Mg Calc 529.92 Mg Vit A 29.37 RE
5 Choose One Chicken Patty/Bun Cheese Pizza Choose Up to Five Green Beans Potato Smiles Fresh Fruit Canned Fruit	6 Choose one Chicken/ Gravy Potatoes/ Roll Burger/ Cheese / Bun Cheese Pizza Choose Up to Six Peas Baby Carrots Fresh Fruit Canned Fruit Sugar Cookie	7 Choose One Pepperoni Pizza Burger/ Cheese / Bun Chef's Choice Choose Up to Five Romaine lettuce Tomatoes Grape Canned Fruit Fruit Juice Yogurt	8 Choose one Chicken Quesadilla Burger/ Cheese / Bun Cheese Pizza Choose Up to Six Corn Refried Beans Fruit Juice Fresh Fruit Soft Pretzel	9 	Cal 757 T.Fat 23.17 G S.Fat 7.8 G Chol 61.5 Mg Sodm 1112.84 Mg Carb 106.09 G Fiber 10.1 G Prtn 34.33 G Iron 2.95 Mg Calc 444.11 Mg Vit A 37.77 RE
12 Choose one Lasagna Rollup & breadst Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Peas Veggie Bar - Any Fresh Fruit Fruit Juice Cheese and Crackers	13 Choose One HS Brunch Lunch Burger/ Cheese / Bun Cheese Pizza Choose Up to Five Hash Browns Veggie Bar - Any Fresh Fruit Fruit Juice	14 Choose One Stuffed Crust Pizza Burger/ Cheese / Bun Choose Up to Six Romaine lettuce Tomatoes Grape Canned Fruit Fresh Fruit Yogurt	15 Choose One ChickenFajita lg.pretzel Yogurt w/ string ch. & pret. Cheese Pizza Choose Up to Five Corn Refried Beans Canned Fruit Fresh Fruit	16 Choose one Chicken Caesar w/ pretzel rod Popcorn Chicken/pretzel Cheese Pizza Choose Up to Six Candied Carrots Veggie Bar - Any Fresh Fruit Mandarin Oranges	Cal 734 T.Fat 25.30 G S.Fat 8.7 G Chol 78.7 Mg Sodm 1117.15 Mg Carb 97.25 G Fiber 7.4 G Prtn 31.29 G Iron 3.44 Mg Calc 494.57 Mg Vit A 40.32 RE
19 Choose one Mini Corn Dogs Burger/ Cheese / Bun Cheese Pizza Choose Up to Seven Baby Carrots Baked Beans Fresh Fruit Canned Fruit Raisins	20 Choose One Mashed Potato Bowl w/ roll Popcorn Chicken / Roll Cheese Pizza Choose Up to Five Corn Veggie Bar - Any Fruit Juice Canned Fruit	21 Choose One Cheese Pizza Garlic Pizza Burger/ Cheese / Bun Choose Up to Five Broccoli w/Cheese Tomatoes Grape Canned Fruit Fresh Fruit	22 Choose One Taco Yogurt w/ string ch. & pret. Burger/ Cheese / Bun Choose Up to Six Corn Refried Beans Soft Pretzel Fresh Fruit Applesauce	23 Choose one Meatball Sub Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Pepper Red Strips Potato Smiles Fresh Fruit Canned Fruit	Cal 764 T.Fat 24.51 G S.Fat 8.4 G Chol 57.3 Mg Sodm 1112.82 Mg Carb 104.35 G Fiber 9.1 G Prtn 33.14 G Iron 3.10 Mg Calc 488.01 Mg Vit A 43.99 RE
26 	27 Choose one Chicken Nuggets w/ Rolls Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Baby Carrots Baked Beans Fresh Fruit Fruit Juice Belly Bears Cinnamon	28 Choose One French Bread Pizza Burger/ Cheese / Bun Choose Up to Five Romaine lettuce Veggie Bar - Any Fresh Fruit Canned Fruit	29 Choose One Walking BEEF Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Corn Refried Beans Soft Pretzel Fresh Fruit Fruit Juice	30 Choose One Cheese Breadstick w/ meatballs Burger/ Cheese / Bun Cheese Pizza Choose Up to Five Sweet Potato Fries Cucumber Slices Fresh Fruit Canned Fruit	Cal 757 T.Fat 25.21 G S.Fat 9.0 G Chol 55.5 Mg Sodm 1060.44 Mg Carb 101.42 G Fiber 9.1 G Prtn 33.32 G Iron 3.45 Mg Calc 536.92 Mg Vit A 39.33 RE