








NORTHERN TIOGA SCHOOLS ELEMENTARY (K-6TH) LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<div>1</div> <div></div>	<div>2</div> <div>Choose One Chicken Nuggets/Roll PBJ Sand & cheese Choose Up To Four Green Beans Mashed Potatoes with Gravy Fruit Juice or Canned Fruit</div>	<div>3</div> <div>Choose One Pepperoni Pizza PBJ Sand & cheese Choose Up To Four Swt Tater Crinkles Broccoli w/Cheese Fruit Juice or Canned Fruit</div>	<div>4</div> <div>Choose one Taco Yogurt w/cheese & pretzel PBJ Sand & cheese Choose Up to Five Corn Refried Beans Fresh or Cnd Fruit Soft Pretzel Rods</div>	<div>5</div> <div>Choose One Chicken Caesar w/ Breadstick Popcom Chicken/breadsti PBJ Sand & cheese Choose Up To Four Candied Carrots Veggie Bar - Any Fresh or Cnd Fruit</div>	<div>Cal 684</div> <div>T.Fat 24.79 G</div> <div>S.Fat 7.2 G</div> <div>Chol 52.0 Mg</div> <div>Sodm 1083.89 Mg</div> <div>Carb 86.50 G</div> <div>Fiber 6.4 G</div> <div>Prtn 30.07 G</div> <div>Iron 2.47 Mg</div> <div>Calc 408.16 Mg</div> <div>Vit A 32.96 RE</div>
<div>8</div> <div>Choose one Cheese Breadstick w/ meatballs PBJ Sand & cheese Choose Up To Four Green Beans Cucumber Slices Fresh or Cnd Fruit</div>	<div>9</div> <div>Choose One Mashed Potato Bowl w/ roll Popcom Chicken / Roll PBJ Sand & cheese Choose Up To Four Corn Veggie Bar - Any Fresh Fruit or Juice</div>	<div>10</div> <div>Choose One Cheese Pizza Garlic Pizza PBJ Sand & cheese Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit</div>	<div>11</div> <div>Choose One Walking BEEF Taco PBJ Sand & cheese Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fresh or Cnd Fruit</div>	<div>12</div> <div>Bag Lunch Day Burger/ Cheese / Bun Choose Up To Four Baby Carrots Celery Sticks Strawberry Cup or Fruit Juice</div>	<div>Cal 646</div> <div>T.Fat 22.27 G</div> <div>S.Fat 7.1 G</div> <div>Chol 47.4 Mg</div> <div>Sodm 1057.97 Mg</div> <div>Carb 84.08 G</div> <div>Fiber 6.8 G</div> <div>Prtn 29.44 G</div> <div>Iron 3.18 Mg</div> <div>Calc 455.99 Mg</div> <div>Vit A 30.73 RE</div>
<div>15</div> <div>Choose one Ham & Cheese / Pretzel Bun PBJ Sand & cheese Choose Up To Four Veggie Bar - Any potato french fries Fresh or Cnd Fruit</div>	<div>16</div> <div>Choose one Macaroni & Cheese & Roll Hog Pile MacnCheez Roll PBJ Sand & cheese Choose Up To Four Peas Veggie Bar - Any Fresh Fruit or Juice</div>	<div>17</div> <div>Choose One Stuffed Crust Pizza PBJ Sand & cheese Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit</div>	<div>18</div> <div>Merry Christmas Santa's Brunch French Toast Sticks Egg Patty Turkey Bacon Potato Babycakes Baby Carrots Hot Apples or Frozen Juice</div>	<div>19</div> <div>Choose one Hot Dog/Bun PBJ Sand & cheese Choose Up To Four Baby Carrots Baked Beans Fresh or Cnd Fruit</div>	<div>Cal 629</div> <div>T.Fat 19.48 G</div> <div>S.Fat 6.5 G</div> <div>Chol 45.2 Mg</div> <div>Sodm 997.33 Mg</div> <div>Carb 89.65 G</div> <div>Fiber 6.6 G</div> <div>Prtn 25.24 G</div> <div>Iron 2.60 Mg</div> <div>Calc 459.63 Mg</div> <div>Vit A 39.08 RE</div>
<div>22</div> <div>Choose One French Bread Pizza-elem PBJ Sand & cheese Choose Up To Four Broccoli Green Beans Fresh or Cnd Fruit</div>	<div>23</div> <div>Bag Lunch Day Chicken Patty/Bun Choose Up To Four Baby Carrots Veggie Bar - Any Frozen Juice Cup</div>	<div>24</div> <div></div>	<div>25</div> <div></div>	<div>26</div> <div></div>	<div>Cal 647</div> <div>T.Fat 23.19 G</div> <div>S.Fat 5.9 G</div> <div>Chol 35.8 Mg</div> <div>Sodm 977.75 Mg</div> <div>Carb 84.39 G</div> <div>Fiber 8.4 G</div> <div>Prtn 28.55 G</div> <div>Iron 3.45 Mg</div> <div>Calc 533.29 Mg</div> <div>Vit A 40.34 RE</div>
<div>29</div> <div></div>	<div>30</div> <div></div>	<div>31</div> <div></div>	<div>1% plain & flavored milk is offered at lunch and breakfast</div> <div></div>	<div>Northern Tioga School District is an equal opportunity employer and provider.</div>	

December