






# Northern Tioga Middle School


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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>1</b> 	<b>2</b> Choose One Chicken Nuggets, Roll TY Cheese Pizza Choose Up To Four Green Beans Mashed Potatoes with Gravy Fruit Juice or Canned Fruit	<b>3</b> Choose One Pepperoni Pizza Burger/ Cheese / Bun Ham & Cheese Choose Up To Four Sweet Potato Fries Broccoli w/Cheese Fruit Juice or Canned Fruit	<b>4</b> Choose One Taco Yogurt w/ string ch. & pret. Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Applesauce or Fresh Fruit	<b>5</b> Choose One Chicken Caesar w/ Breadstick Popcom Chicken/breadsti Burger/ Cheese / Bun Choose Up To Four Candied Carrots Veggie Bar - Any Fresh or Cnd Fruit	<b>Cal 684</b> <b>T.Fat 26.21 G</b> <b>S.Fat 8.6 G</b> <b>Chol 69.2 Mg</b> <b>Sodm 1107.33 Mg</b> <b>Carb 80.72 G</b> <b>Fiber 7.1 G</b> <b>Prtn 32.49 G</b> <b>Iron 2.63 Mg</b> <b>Calc 395.78 Mg</b> <b>Vit A 28.87 RE</b>
<b>8</b> Choose One Cheese Breadstick w/ meatballs Burger/ Cheese / Bun Cheese Pizza Choose Up To Four Green Beans Cucumber Slices Fresh or Cnd Fruit	<b>9</b> Choose One Mashed Potato Bowl w/ roll Popcom Chicken / Roll Cheese Pizza Choose Up To Four Corn Veggie Bar - Any Fresh Fruit or Juice	<b>10</b> Choose One Cheese Pizza Garlic Pizza BBQ Pork Rib Sandwich Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit	<b>11</b> Choose One Walking BEEF Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fresh or Cnd Fruit	<b>12</b> Bag Lunch Day Burger/ Cheese / Bun Choose Up to Five Baby Carrots Celery Sticks Strawberry Cup or Fruit Juice Sugar Cookie	<b>Cal 672</b> <b>T.Fat 23.94 G</b> <b>S.Fat 8.3 G</b> <b>Chol 57.4 Mg</b> <b>Sodm 1041.21 Mg</b> <b>Carb 85.98 G</b> <b>Fiber 7.4 G</b> <b>Prtn 29.95 G</b> <b>Iron 2.91 Mg</b> <b>Calc 439.38 Mg</b> <b>Vit A 35.15 RE</b>
<b>15</b> Choose one Ham & Cheese / Pretzel Bun Cheese Pizza Burger/ Cheese / Bun Choose Up To Four Veggie Bar - Any potato french fries Fresh or Cnd Fruit	<b>16</b> Choose one Mac & Cheese/ Roll Hog Pile MacnCheez Roll Burger/ Cheese / Bun Choose Up To Four Peas Veggie Bar - Any Fresh Fruit or Juice	<b>17</b> Choose One Stuffed Crust Pizza BBQ Pork Rib Sandwich Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit	<b>18</b> Merry Christmas Santa's Brunch French Toast Sticks Egg Patty Turkey Bacon Potato Babycakes Baby Carrots Hot Apples Frozen Juice Cup	<b>19</b> Choose one Hot Dog/Bun Burger/ Cheese / Bun Cheese Pizza Choose Up To Four Baked Beans Potato Smiles Fresh or Cnd Fruit	<b>Cal 706</b> <b>T.Fat 24.16 G</b> <b>S.Fat 7.8 G</b> <b>Chol 62.2 Mg</b> <b>Sodm 1227.99 Mg</b> <b>Carb 95.35 G</b> <b>Fiber 7.2 G</b> <b>Prtn 27.94 G</b> <b>Iron 2.76 Mg</b> <b>Calc 471.19 Mg</b> <b>Vit A 40.46 RE</b>
<b>22</b> Choose One French Bread Pizza BBQ Pork Rib Sandwich Choose Up To Four Broccoli w/Cheese Veggie Bar - Any Fruit Juice or Canned Fruit	<b>23</b> Bag Lunch Day Chicken Patty/Bun Choose Up to Five Baby Carrots Veggie Bar - Any Frozen Juice Cup Sugar Cookie	<b>24</b> 	<b>25</b> 	<b>26</b> 	<b>Cal 756</b> <b>T.Fat 30.77 G</b> <b>S.Fat 9.2 G</b> <b>Chol 56.5 Mg</b> <b>Sodm 1335.62 Mg</b> <b>Carb 91.83 G</b> <b>Fiber 10.2 G</b> <b>Prtn 32.38 G</b> <b>Iron 3.65 Mg</b> <b>Calc 533.90 Mg</b> <b>Vit A 39.39 RE</b>


**29**



**30**



**31**



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

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

