




Northern Tioga School District High School

(9th-12thgrade) Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 	2 Choose one Chicken Nuggets w/ Rolls Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Green Beans Mashed Potatoes with Gravy Fruit Juice Canned Fruit	3 Choose One Pepperoni Pizza Burger/ Cheese / Bun BBQ Pork Rib Sandwich Choose Up to Six Sweet Potato Fries Broccoli w/Cheese Canned Fruit Fruit Juice	4 Choose One Taco Yogurt w/ string ch. & pret. Burger/ Cheese / Bun Choose Up to Six Corn Refried Beans Soft Pretzel Fresh Fruit Applesauce	5 Choose one Chicken Caesar w/ Breadstick Popcom Chicken/Breadst Burger/ Cheese / Bun Choose Up to Five Candied Carrots Veggie Bar - Any Fresh Fruit Canned Fruit	Cal 771 T.Fat 28.56 G S.Fat 8.7 G Chol 72.4 Mg Sodm 1235.41 Mg Carb 95.19 G Fiber 7.7 G Prtn 34.60 G Iron 2.74 Mg Calc 410.72 Mg Vit A 35.53 RE
8 Choose One Cheese Breadstick w/ meatballs Burger/ Cheese / Bun Cheese Pizza Choose Up to Six Green Beans Cucumber Slices Fresh Fruit Canned Fruit Cheese and Crackers	9 Choose One Mashed Potato Bowl w/ roll Popcom Chicken / Roll Cheese Pizza Choose Up to Five Corn Veggie Bar - Any Fruit Juice Fresh Fruit	10 Choose One Cheese Pizza Garlic Pizza BBQ Pork Rib Sandwich Choose Up to Five Romaine lettuce Tomatoes Grape Canned Fruit Fresh Fruit	11 Choose One Walking BEEF Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Corn Refried Beans Soft Pretzel Fresh Fruit Applesauce	12 Bag Lunch Day Burger/ Cheese / Bun Choose Up to Six Baby Carrots Celery Sticks Strawberry Cup Fruit Juice Sugar Cookie	Cal 741 T.Fat 24.04 G S.Fat 8.5 G Chol 57.9 Mg Sodm 1096.49 Mg Carb 100.24 G Fiber 8.6 G Prtn 32.63 G Iron 3.07 Mg Calc 481.35 Mg Vit A 41.67 RE
15 Choose one Ham & Cheese / Pretzel Bun Burger/ Cheese / Bun Cheese Pizza Choose Up to Six Veggie Bar - Any potato french fries Fresh Fruit Canned Fruit	16 Choose one Mac & Cheese/Roll Hog Pile MacnCheez Roll Burger/ Cheese / Bun Choose Up to Five Peas Veggie Bar - Any Fruit Juice Fresh Fruit	17 Choose One Stuffed Crust Pizza BBQ Pork Rib Sandwich Choose Up to Six Romaine lettuce Tomatoes Grape Canned Fruit Fresh Fruit Muffin Top	18 Merry Christmas Santa's Brunch French Toast Sticks Egg Patty Turkey Bacon Potato Babycakes Baby Carrots Hot Apples Frozen Juice Cup Milk	19 Choose One Hot Dog/Bun Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Baked Beans Potato Smiles Canned Fruit Fresh Fruit	Cal 775 T.Fat 26.20 G S.Fat 8.6 G Chol 69.0 Mg Sodm 1253.50 Mg Carb 106.66 G Fiber 8.0 G Prtn 29.61 G Iron 3.08 Mg Calc 483.14 Mg Vit A 41.69 RE
22 Choose One French Bread Pizza Burger/ Cheese / Bun Egg Salad on bun Choose Up to Six Veggie Bar - Any Broccoli w/Cheese Canned Fruit Fruit Juice	23 Bag Lunch Day Chicken Patty/Bun Choose Up to Six Baby Carrots Veggie Bar - Any Frozen Juice Cup Fresh Fruit Sugar Cookie	24 	25	26 	Cal 754 T.Fat 28.57 G S.Fat 9.1 G Chol 71.9 Mg Sodm 1142.05 Mg Carb 97.45 G Fiber 10.0 G Prtn 31.39 G Iron 3.64 Mg Calc 534.99 Mg Vit A 40.07 RE

29

30

31

December



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

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