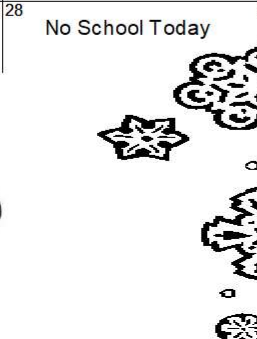


**Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Nutrients**

**Northern Tioga Middle School Lunch Menu**

		<p>1 Choose One Pepperoni Pizza Burger/ Cheese / Bun Chef's Choice Choose Up To Four Broccoli w/Cheese Cucumber Slices Pineapple or Fresh Fruit</p>	<p>2 Choose One Walking Pork Taco Pizza Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Applesauce or Fresh Fruit</p>	<p>3 Choose One Loaded Tater Tots Pizza Burger/ Cheese / Bun Choose Up to Five Candied Carrots Coleslaw Fruit Juice or Fresh Fruit Garlic Breadstick</p>	<p>Cal 715 T.Fat 24.44 G S.Fat 8.3 G Chol 55.4 Mg Sodm 1167.95 Mg Carb 95.81 G Fiber 10.1 G Prtn 34.04 G Iron 4.61 Mg Calc 555.80 Mg Vit A 26.88 RE Vit C 59.62 Mg</p>
<p>6 Choose One Burger/ Cheese / Bun Pizza Chef's Choice Choose Up To Four potato french fries Veggie Bar - Any Peaches or Fresh Fruit</p>	<p>7 Choose One Mashed Potato Bowl w/ roll Popcom Chicken / Roll Pizza Choose Up To Four Corn Veggie Bar - Any Pears or Fresh Fruit</p>	<p>8 Choose One French Bread Pizza Burger/ Cheese / Bun Chef's Choice Choose Up To Four Romaine lettuce Tomatoes Grape Fruit Juice or Fresh Fruit</p>	<p>9 Choose One Walking Pork Taco Pizza Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Applesauce or Fresh Fruit</p>	<p>10 Choose One Chicken Caesar w/ Breadstick Popcom Chicken/breadsti Pizza Choose Up To Four Candied Carrots Veggie Bar - Any Mand. Oranges or Fresh Fruit</p>	<p>Cal 645 T.Fat 20.68 G S.Fat 7.1 G Chol 49.1 Mg Sodm 1020.09 Mg Carb 89.82 G Fiber 8.7 G Prtn 31.68 G Iron 4.24 Mg Calc 552.80 Mg Vit A 22.98 RE Vit C 54.71 Mg</p>
<p>13 Choose one Meatball Sub Pizza Burger/ Cheese / Bun Choose Up To Four Green Beans Baby Carrots Applesauce or Fruit Juice Soft Pretzel Rods</p>	<p>14 Choose one Corn Dog Burger/ Cheese / Bun Pizza Choose Up to Five Broccoli w/Cheese Veggie Bar - Any Peaches or Fresh Fruit Chocolate Chip Cookie</p>	<p>15 Choose One Cheese Pizza Garlic Pizza Burger/ Cheese / Bun Chef's Choice Choose Up To Four Romaine lettuce Tomatoes Grape Fruit Juice or Fresh Fruit</p>	<p>16 Merry Christmas Christmas Movie Dinner Theme varies by school</p>	<p>17 Choose One Chicken Nuggets, Roll Pizza Burger/ Cheese / Bun Choose Up To Four Mashed Potatoes Corn Pineapple or Fresh Fruit</p>	<p>Cal 512 T.Fat 13.48 G S.Fat 5.0 G Chol 33.8 Mg Sodm 849.07 Mg Carb 75.36 G Fiber 6.9 G Prtn 25.28 G Iron 4.11 Mg Calc 439.39 Mg Vit A 20.97 RE Vit C 48.38 Mg</p>
<p>20 Choose one Pulled Pork / bun Burger/ Cheese / Bun Pizza Choose Up To Four Baked Beans Coleslaw Fruit Juice or Fresh Fruit</p>	<p>21 Choose One Hot Dog/Bun Pizza Burger/ Cheese / Bun Choose Up To Four Swt Tater Crinkles Veggie Bar - Any Peaches or Fresh Fruit</p>	<p>22 Choose One Stuffed Crust Pizza Burger/ Cheese / Bun Chef's Choice Choose Up To Four Green Beans Tomatoes Grape Pears or Fresh Fruit</p>	<p>23 Bag Lunch Day Choose one Chicken Patty/Bun Choose Up to Five Baby Carrots Celery Sticks Fruit Juice Sugar Cookie</p>	<p>24 No School Today <i>Merry Christmas</i></p>	<p>Cal 657 T.Fat 18.99 G S.Fat 5.5 G Chol 42.2 Mg Sodm 1178.90 Mg Carb 96.20 G Fiber 9.7 G Prtn 30.58 G Iron 4.88 Mg Calc 508.78 Mg Vit A 23.35 RE Vit C 57.20 Mg</p>



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