




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

Northern Tioga Middle Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<h1>April</h1>		<p>1 Choose one Chicken Patty/Bun Burger/ Cheese / Bun Pizza Choose Up to Six Green Beans Veggie Bar - Any Applesauce or Fresh Fruit Soft Pretzel Rods Ice Cream Cup</p>	<p>2 No School Today</p> 	<p><i>Cal</i> 744 <i>T.Fat</i> 22.81 G <i>S.Fat</i> 6.4 G <i>Chol</i> 56.9 Mg <i>Sodm</i> 1004.81 Mg <i>Carb</i> 103.91 G <i>Fiber</i> 9.7 G <i>Prtn</i> 33.94 G <i>Iron</i> 4.31 Mg <i>Calc</i> 503.11 Mg <i>Vit A</i> 26.12 RE <i>Vit C</i> 37.58 Mg</p>	
		<p>5 No School Today</p> 	<p>6 Choose One Chicken Nuggets / Soft Pretzel Burger/ Cheese / Bun Pizza Choose Up To Four Peas Veggie Bar - Any Peaches or Juice</p>	<p>7 Choose One Cheese Pizza Burger/ Cheese / Bun Garlic Pizza Choose Up To Four Broccoli w/Cheese Veggie Bar - Any Pears or Fruit Juice</p>	<p>8 Bag Lunch Day Choose one Burger/ Cheese / Bun Choose Up to Five Baby Carrots Veggie Bar - Any Strawberry Cup or Fruit Juice Goldfish Crackers</p>
<p>12 Choose one BBQ Rib Sandwich Burger/ Cheese / Bun Pizza Choose Up To Four Baked Beans Veggie Bar - Any Fruit Juice or Fresh Fruit</p>	<p>13 Choose One Egg / Pancakes / Sausage Burger/ Cheese / Bun Pizza Choose Up To Four Hash Browns Veggie Bar - Any Hot Apples or Juice</p>	<p>14 Choose One Pepperoni Pizza Burger/ Cheese / Bun Chefs Choice Choose Up To Four Romaine Lettuce Blend/Dr Veggie Bar - Any Fresh Fruit or Juice</p>	<p>15 Choose One Walking Pork Taco Burger/ Cheese / Bun Pizza Choose Up to Five Corn Lettuce, Shrd. & Tomato Soft Pretzel Applesauce or Fresh Fruit</p>	<p>16 Choose one Turkey/ Cheese Wrap Buffalo Chicken Wrap Burger/ Cheese / Bun Pizza Choose Up to Five Lettuce, Shrd. & Tomato potato french fries</p>	<p><i>Cal</i> 749 <i>T.Fat</i> 25.27 G <i>S.Fat</i> 8.2 G <i>Chol</i> 58.5 Mg <i>Sodm</i> 1310.89 Mg <i>Carb</i> 102.38 G <i>Fiber</i> 6.7 G <i>Prtn</i> 32.33 G <i>Iron</i> 4.53 Mg <i>Calc</i> 564.63 Mg <i>Vit A</i> 21.45 RE <i>Vit C</i> 55.05 Mg</p>
<p>19 Choose one Corn Dog Burger/ Cheese / Bun Pizza Choose Up to Five Baked Beans Veggie Bar - Any Fruit Juice or Fresh Fruit Sugar Cookie</p>	<p>20 Choose One Roasted Chicken Pizza Burger/ Cheese / Bun Choose Up to Five Roll / Oleo Mashed Potatoes with Gravy Veggie Bar - Any Fruit Juice or Fresh Fruit</p>	<p>21 Choose One French Bread Pizza Burger/ Cheese / Bun Chefs Choice Choose Up To Four Broccoli w/Cheese Veggie Bar - Any Straw shortcake or Fresh Fruit</p>	<p>22 Choose One Chicken Fajitas Burger/ Cheese / Bun Pizza Choose Up to Five Corn Lettuce, Shrd. & Tomato Soft Pretzel Applesauce or Fresh Fruit</p>	<p>23 Choose one Chili / Cornbread Burger/ Cheese / Bun Pizza Choose Up To Four Pepper Red Strips Veggie Bar - Any Fresh or Cnd Fruit</p>	<p><i>Cal</i> 707 <i>T.Fat</i> 18.63 G <i>S.Fat</i> 7.3 G <i>Chol</i> 60.8 Mg <i>Sodm</i> 1242.52 Mg <i>Carb</i> 105.11 G <i>Fiber</i> 9.1 G <i>Prtn</i> 34.79 G <i>Iron</i> 4.48 Mg <i>Calc</i> 594.01 Mg <i>Vit A</i> 30.20 RE <i>Vit C</i> 73.10 Mg</p>
<p>26 Choose One Cheese Steak/ Bun Burger/ Cheese / Bun Pizza Choose Up To Four Sweet Potato Fries Veggie Bar - Any Pineapple or Juice</p>	<p>27 Choose One Toasted Cheese Burger/ Cheese / Bun Pizza Choose Up to Five Veggie Bar - Any Tomato Soup Crackers Fresh Fruit or Juice</p>	<p>28 Choose One Stuffed Crust Pizza Burger/ Cheese / Bun Chefs Choice Choose Up To Four Romaine Lettuce Blend/Dr Veggie Bar - Any Fruit Juice or Fresh Fruit</p>	<p>29 Choose One Walking Pork Taco Burger/ Cheese / Bun Pizza Choose Up to Five Corn Lettuce, Shrd. & Tomato Soft Pretzel Applesauce or Fresh Fruit</p>	<p>30 Choose One Chicken Caesar w/ Breadstick Chicken Sticks w/ Breadstick Pizza Choose Up To Four Candied Carrots Veggie Bar - Any Mand. Oranges or Fruit Juice</p>	<p><i>Cal</i> 694 <i>T.Fat</i> 23.91 G <i>S.Fat</i> 8.2 G <i>Chol</i> 50.0 Mg <i>Sodm</i> 1227.22 Mg <i>Carb</i> 95.95 G <i>Fiber</i> 7.9 G <i>Prtn</i> 29.75 G <i>Iron</i> 3.77 Mg <i>Calc</i> 632.52 Mg <i>Vit A</i> 27.20 RE <i>Vit C</i> 58.86 Mg</p>