




Northern Tioga Secondary and Middle School Breakfast Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Nutrients</i>
1% plain & flavored milk is offered at lunch and breakfast			1 Mini Maple Pancakes Cereal Milk Fruit Juice Fresh Fruit	2 No School Today 	<i>Cal</i> 544 <i>T.Fat</i> 9.51 G <i>S.Fat</i> 2.7 G <i>Chol</i> 20.0 Mg <i>Sodm</i> 564.26 Mg <i>Carb</i> 103.34 G <i>Fiber</i> 7.8 G <i>Prtn</i> 14.98 G <i>Iron</i> 8.76 Mg <i>Calc</i> 590.53 Mg <i>Vit A</i> 25.79 RE <i>Vit C</i> 95.01 Mg
5 No School Today 	6 Assorted Bread Cereal Milk Fruit Juice Fresh Fruit	7 Breakfast Pizza Cereal Milk Fruit Juice Fresh Fruit	8 Nutri-Grain Bar Cereal Milk Fruit Juice Fresh Fruit	9 No School Today 	<i>Cal</i> 558 <i>T.Fat</i> 11.08 G <i>S.Fat</i> 3.2 G <i>Chol</i> 15.0 Mg <i>Sodm</i> 506.15 Mg <i>Carb</i> 104.88 G <i>Fiber</i> 7.4 G <i>Prtn</i> 16.15 G <i>Iron</i> 8.60 Mg <i>Calc</i> 666.68 Mg <i>Vit A</i> 27.82 RE <i>Vit C</i> 95.01 Mg
12 Maple Mini Waffles Cereal Milk Fruit Juice Fresh Fruit	13 Muffin Top Cereal Milk Fruit Juice Fresh Fruit	14 French Toast Sticks Cereal Milk Fruit Juice Fresh Fruit	15 Pizza Stick Cereal Milk Fruit Juice Fresh Fruit	16 Bagel/Toppings Cereal Milk Fruit Juice Fresh Fruit	<i>Cal</i> 550 <i>T.Fat</i> 10.76 G <i>S.Fat</i> 3.2 G <i>Chol</i> 42.0 Mg <i>Sodm</i> 563.06 Mg <i>Carb</i> 103.38 G <i>Fiber</i> 6.4 G <i>Prtn</i> 16.13 G <i>Iron</i> 8.91 Mg <i>Calc</i> 625.85 Mg <i>Vit A</i> 31.99 RE <i>Vit C</i> 95.25 Mg
19 Mini Maple Pancakes Cereal Milk Fruit Juice Fresh Fruit	20 Muffin Cereal Milk Fruit Juice Fresh Fruit	21 Yogurt Cereal Milk Fruit Juice Fresh Fruit	22 Mini Cinnis Cereal Milk Fruit Juice Fresh Fruit	23 Oatmeal ChocChip Bar Cereal Milk Fruit Juice Fresh Fruit	<i>Cal</i> 522 <i>T.Fat</i> 9.19 G <i>S.Fat</i> 2.9 G <i>Chol</i> 17.4 Mg <i>Sodm</i> 451.54 Mg <i>Carb</i> 101.30 G <i>Fiber</i> 6.3 G <i>Prtn</i> 14.45 G <i>Iron</i> 8.06 Mg <i>Calc</i> 569.53 Mg <i>Vit A</i> 28.59 RE <i>Vit C</i> 95.76 Mg
26 Muffin Top Cereal Milk Fruit Juice Fresh Fruit	27 Bagel/Toppings Cereal Milk Fruit Juice Fresh Fruit	28 Cinnamon Roll Cereal Milk Fruit Juice Fresh Fruit	29 Assorted Bread Cereal Milk Fruit Juice Fresh Fruit	30 Pizza Stick Cereal Milk Fruit Juice Fresh Fruit	<i>Cal</i> 563 <i>T.Fat</i> 10.40 G <i>S.Fat</i> 3.1 G <i>Chol</i> 19.1 Mg <i>Sodm</i> 545.33 Mg <i>Carb</i> 107.60 G <i>Fiber</i> 6.2 G <i>Prtn</i> 15.92 G <i>Iron</i> 9.14 Mg <i>Calc</i> 631.79 Mg <i>Vit A</i> 29.61 RE <i>Vit C</i> 95.30 Mg