






NORTHERN TIOGA MIDDLE SCHOOL & HIGH SCHOOL

BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients			
					1 Choose Up to Five Mini Cinnis Cereal Fruit Juice Fresh or Cnd Fruit Milk	2 Choose Up to Five French Toast Sticks Cereal Fruit Juice Fresh or Cnd Fruit Milk	3 Choose Up to Five Fruit Frudel Pastry Cereal Fruit Juice Fresh or Cnd Fruit Milk	Cal 529 T.Fat 10.98 G S.Fat 3.3 G Chol 42.5 Mg Sodm 525.98 Mg Carb 97.13 G Fiber 5.4 G Prtn 15.95 G Iron 7.42 Mg Calc 498.37 Mg Vit A 21.98 RE Vit C 77.26 Mg
6 Choose Up to Five Assorted Bread Cereal Fruit Juice Fresh or Cnd Fruit Milk	7 Choose Up to Five Bagel Cereal Fruit Juice Fresh or Cnd Fruit Milk	8 Choose Up to Five Cinnamon Roll Cereal Fruit Juice Fresh or Cnd Fruit Milk	9 Choose Up to Five Breakfast Pizza MS HS Cereal Fruit Juice Fresh or Cnd Fruit Milk	10 Choose Up to Five Muffin Cereal Fruit Juice Fresh or Cnd Fruit Milk	Cal 552 T.Fat 10.41 G S.Fat 3.0 G Chol 19.3 Mg Sodm 541.28 Mg Carb 101.79 G Fiber 5.6 G Prtn 15.72 G Iron 7.64 Mg Calc 531.12 Mg Vit A 20.27 RE Vit C 78.02 Mg			
13 Choose Up to Five Fruit Frudel Pastry Cereal Fruit Juice Fresh or Cnd Fruit Milk	14 Choose Up to Five Mini Cinnis Cereal Fruit Juice Fresh or Cnd Fruit Milk	15 Choose Up to Five Maple Mini Waffles Cereal Fruit Juice Fresh or Cnd Fruit Milk	16 Choose Up to Five Mini Maple Pancakes Cereal Fruit Juice Fresh or Cnd Fruit Milk	17 Choose Up to Five Assorted Bread Cereal Fruit Juice Fresh or Cnd Fruit Milk	Cal 529 T.Fat 10.28 G S.Fat 3.0 G Chol 13.2 Mg Sodm 490.10 Mg Carb 99.59 G Fiber 5.6 G Prtn 14.62 G Iron 7.45 Mg Calc 517.26 Mg Vit A 18.20 RE Vit C 77.26 Mg			
20 Choose Up to Five Pizza Stick Cereal Fruit Juice Fresh or Cnd Fruit Milk	21 Choose Up to Five Bagel Cereal Fruit Juice Fresh or Cnd Fruit Milk	22 Choose Up to Five Mini Maple Pancakes Cereal Fruit Juice Fresh or Cnd Fruit Milk	23 Choose Up to Five Muffin Cereal Fruit Juice Fresh or Cnd Fruit Milk	24 	Cal 494 T.Fat 8.74 G S.Fat 2.8 G Chol 19.5 Mg Sodm 536.11 Mg Carb 92.28 G Fiber 4.9 G Prtn 14.69 G Iron 7.70 Mg Calc 544.13 Mg Vit A 20.36 RE Vit C 78.44 Mg			
  					1% plain & flavored milk is offered at lunch and breakfast			