

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

Northern Tioga Schools Secondary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 Choose one Chicken Patty/Bun Burger/ Cheese / Bun Pizza Choose Up to Seven Green Beans Veggie Bar - Any Applesauce Fresh Fruit Soft Pretzel Rods Ice Cream Cup	2 No School Today 	Cal 769 T.Fat 23.47 G S.Fat 6.5 G Chol 51.9 Mg Sodm 1087.57 Mg Carb 108.62 G Fiber 9.7 G Prtn 33.89 G Iron 4.82 Mg Calc 531.49 Mg Vit A 21.76 RE Vit C 28.23 Mg
5 No School Today 	6 Choose One Chicken Nuggets / Soft Pretzel Burger/ Cheese / Bun Pizza Choose Up to Five Peas Veggie Bar - Any Peaches Fruit Juice	7 Choose One Cheese Pizza Burger/ Cheese / Bun Garlic Pizza Choose Up to Six Broccoli w/Cheese Veggie Bar - Any Pears Fruit Juice Cheese and Crackers	8 Bag Lunch Day Choose one Burger/ Cheese / Bun Choose Up to Six Baby Carrots Veggie Bar - Any Strawberry Cup Fruit Juice Goldfish Crackers	9 No School Today 	Cal 756 T.Fat 17.85 G S.Fat 6.3 G Chol 47.5 Mg Sodm 1042.59 Mg Carb 115.52 G Fiber 30.0 G Prtn 36.54 G Iron 6.92 Mg Calc 601.15 Mg Vit A 22.67 RE Vit C 106.74 Mg
12 Choose one BBQ Rib Sandwich Burger/ Cheese / Bun Pizza Choose Up to Six Baked Beans Veggie Bar - Any Fruit Juice Fresh Fruit Soft Pretzel Rods	13 Choose One Egg / Pancakes / Sausage Burger/ Cheese / Bun Pizza Choose Up to Five Hash Browns Veggie Bar - Any Hot Apples Fruit Juice	14 Choose One Pepperoni Pizza Burger/ Cheese / Bun Chefs Choice Choose Up to Five Romaine Lettuce Blend/Dr Veggie Bar - Any Fruit Juice Fresh Fruit	15 Choose One Walking Pork Taco Burger/ Cheese / Bun Pizza Choose Up to Six Corn Lettuce, Shrd. & Tomato Soft Pretzel Applesauce Fresh Fruit	16 Choose one Turkey/ Cheese Wrap Buffalo Chicken Wrap Burger/ Cheese / Bun Pizza Choose Up to Six Lettuce, Shrd. & Tomato potato french fries Fresh Fruit	Cal 788 T.Fat 26.57 G S.Fat 8.4 G Chol 60.4 Mg Sodm 1372.59 Mg Carb 108.96 G Fiber 7.2 G Prtn 32.79 G Iron 4.74 Mg Calc 579.58 Mg Vit A 21.79 RE Vit C 59.64 Mg
19 Choose one Corn Dog Burger/ Cheese / Bun Pizza Choose Up to Six Baked Beans Veggie Bar - Any Fruit Juice Fresh Fruit Sugar Cookie	20 Choose one Roasted Chicken Burger/ Cheese / Bun Pizza Choose Up to Six Biscuit / oleo Mashed Potatoes with Gravy Veggie Bar - Any Fresh Fruit Fruit Juice	21 Choose One French Bread Pizza Burger/ Cheese / Bun Chefs Choice Choose Up to Five Broccoli w/Cheese Veggie Bar - Any Straw Shortcake Fresh Fruit	22 Choose One Chicken Fajitas Burger/ Cheese / Bun Pizza Choose Up to Six Corn Lettuce, Shrd. & Tomato Soft Pretzel Applesauce Fresh Fruit	23 Choose one Chili / Cornbread Burger/ Cheese / Bun Pizza Choose Up to Six Pepper Red Strips Veggie Bar - Any Canned Fruit Fresh Fruit Tortilla Chips w/ salsa	Cal 779 T.Fat 21.10 G S.Fat 7.9 G Chol 66.1 Mg Sodm 1362.53 Mg Carb 117.48 G Fiber 9.7 G Prtn 35.84 G Iron 4.64 Mg Calc 576.54 Mg Vit A 33.56 RE Vit C 93.43 Mg
26 Choose one Cheese Steak/ Bun Burger/ Cheese / Bun Pizza Choose Up to Six Sweet Potato Fries Veggie Bar - Any Pineapple Fruit Juice Goldfish Crackers	27 Choose One Toasted Cheese Burger/ Cheese / Bun Pizza Choose Up to Six Veggie Bar - Any Tomato Soup Crackers Fresh Fruit Fruit Juice	28 Choose One Stuffed Crust Pizza Burger/ Cheese / Bun Chefs Choice Choose Up to Six Romaine Lettuce Blend/Dr Veggie Bar - Any Fresh Fruit Fruit Juice Cheese and Crackers	29 Choose One Walking Pork Taco Burger/ Cheese / Bun Pizza Choose Up to Six Corn Lettuce, Shrd. & Tomato Soft Pretzel Applesauce Fresh Fruit	30 Choose One Chicken Caesar w/ Breadstick Chicken Sticks w/ Breadstick Pizza Choose Up to Six Candied Carrots Veggie Bar - Any Mandarin Oranges Fruit Juice Cheese and Crackers	Cal 801 T.Fat 27.23 G S.Fat 9.3 G Chol 63.9 Mg Sodm 1380.93 Mg Carb 113.42 G Fiber 33.3 G Prtn 32.20 G Iron 4.13 Mg Calc 681.65 Mg Vit A 27.58 RE Vit C 78.92 Mg