

Northern Tioga Schools High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
					
		1 Choose One Pepperoni Pizza Burger/ Cheese / Bun Chef's Choice Choose Up to Six Broccoli w/Cheese Cucumber Slices Pineapple Fresh Fruit Cheese and Crackers	2 Choose One Walking Pork Taco Pizza Burger/ Cheese / Bun Choose Up to Six Corn Refried Beans Soft Pretzel Applesauce Fresh Fruit	3 Choose One Loaded Tater Tots Pizza Burger/ Cheese / Bun Choose Up to Five Candied Carrots Coleslaw Fruit Juice Fresh Fruit Garlic Breadstick	<i>Cal</i> 787 <i>T.Fat</i> 24.40 G <i>S.Fat</i> 8.6 G <i>Chol</i> 56.1 Mg <i>Sodm</i> 1211.54 Mg <i>Carb</i> 112.60 G <i>Fiber</i> 21.0 G <i>Prtm</i> 36.73 G <i>Iron</i> 4.93 Mg <i>Calc</i> 606.76 Mg <i>Vit A</i> 27.10 RE <i>Vit C</i> 83.27 Mg
6 Choose One Burger/ Cheese / Bun Pizza Chef's Choice Choose Up to Five potato french fries Veggie Bar - Any Peaches Fresh Fruit	7 Choose One Mashed Potato Bowl w/ roll Popcom Chicken / Roll Pizza Choose Up to Five Corn Veggie Bar - Any Pears Fresh Fruit	8 Choose One French Bread Pizza Burger/ Cheese / Bun Chef's Choice Choose Up to Six Romaine lettuce Tomatoes Grape Fruit Juice Fresh Fruit Cheese and Crackers	9 Choose One Walking Pork Taco Pizza Burger/ Cheese / Bun Choose Up to Six Corn Refried Beans Soft Pretzel Applesauce Fresh Fruit	10 Choose One Chicken Caesar w/ Breadstick Chicken Sticks w/ Breadstick Pizza Choose Up to Six Candied Carrots Veggie Bar - Any Mandarin Oranges Fruit Juice Soft Pretzel Rods	<i>Cal</i> 771 <i>T.Fat</i> 22.47 G <i>S.Fat</i> 7.8 G <i>Chol</i> 49.6 Mg <i>Sodm</i> 1116.00 Mg <i>Carb</i> 116.01 G <i>Fiber</i> 28.0 G <i>Prtm</i> 34.29 G <i>Iron</i> 5.64 Mg <i>Calc</i> 604.43 Mg <i>Vit A</i> 23.71 RE <i>Vit C</i> 78.03 Mg
13 Choose one Meatball Sub Pizza Burger/ Cheese / Bun Choose Up To Four Green Beans Baby Carrots Applesauce Fruit Juice Soft Pretzel Rods	14 Choose one Corn Dog Burger/ Cheese / Bun Pizza Choose Up to Six Broccoli w/Cheese Veggie Bar - Any Peaches Fresh Fruit Chocolate Chip Cookie	15 Choose One Cheese Pizza Garlic Pizza Burger/ Cheese / Bun Chef's Choice Choose Up to Six Romaine lettuce Tomatoes Grape Fruit Juice Fresh Fruit Soft Pretzel Rods	16 Merry Christmas Christmas Movie Dinner Theme varies by school	17 Choose One Chicken Nuggets w/ Roll Pizza Burger/ Cheese / Bun Choose Up to Five Mashed Potatoes Corn Pineapple Fresh Fruit	<i>Cal</i> 584 <i>T.Fat</i> 13.93 G <i>S.Fat</i> 5.3 G <i>Chol</i> 34.3 Mg <i>Sodm</i> 881.41 Mg <i>Carb</i> 91.19 G <i>Fiber</i> 8.7 G <i>Prtm</i> 27.31 G <i>Iron</i> 5.73 Mg <i>Calc</i> 487.81 Mg <i>Vit A</i> 21.94 RE <i>Vit C</i> 70.57 Mg
20 Choose one Pulled Pork / bun Burger/ Cheese / Bun Pizza Choose Up to Five Baked Beans Coleslaw Fruit Juice Fresh Fruit	21 Choose One Mashed Potato Bowl w/ roll Popcom Chicken / Roll Pizza Choose Up to Five Corn Veggie Bar - Any Peaches Fresh Fruit	22 Choose One Stuffed Crust Pizza Burger/ Cheese / Bun Chef's Choice Choose Up to Six Green Beans Tomatoes Grape Pears Fresh Fruit Cheese and Crackers	23 Bag Lunch Day Choose one Chicken Patty/Bun Choose Up to Five Baby Carrots Celery Sticks Fruit Juice Fresh Fruit Sugar Cookie	24 No School Today 	<i>Cal</i> 772 <i>T.Fat</i> 21.17 G <i>S.Fat</i> 6.0 G <i>Chol</i> 50.0 Mg <i>Sodm</i> 1253.39 Mg <i>Carb</i> 117.75 G <i>Fiber</i> 26.9 G <i>Prtm</i> 33.75 G <i>Iron</i> 6.18 Mg <i>Calc</i> 527.32 Mg <i>Vit A</i> 27.73 RE <i>Vit C</i> 72.08 Mg
27 No School Today	28 No School Today	29 No School Today	30 No School Today	31 No School Today	1% plain & flavored milk is offered at lunch and breakfast

