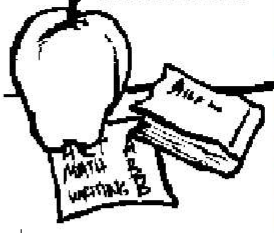


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 Choose one Chicken Parmesan w/ Pasta PBJ Sand & cheese Choose Up To Four Veggie Bar - Any Corn Fresh or Cnd Fruit	4 Choose one Mini Corn Dogs PBJ Sand & cheese Choose Up To Four Baby Carrots Baked Beans Fresh or Cnd Fruit	5 Choose One French Bread Pizza-elem PBJ Sand & cheese Choose Up To Four Veggie Bar - Any Broccoli w/Cheese Fruit Juice or Canned Fruit	6 Bag Lunch Day Burger/ Cheese / Bun Choose Up To Four Baby Carrots Celery Sticks Strawberry Cup or Fruit Juice	7 Parent / Teacher Conferences 	Cal 640 T.Fat 22.34 G S.Fat 6.6 G Chol 48.0 Mg Sodm 911.25 Mg Carb 81.82 G Fiber 6.6 G Prtn 28.37 G Iron 2.95 Mg Calc 438.10 Mg
10 Choose one Chicken Quesadilla PBJ Sand & cheese Choose Up to Five Pepper Red Strips Cauliflower Fresh or Cnd Fruit Rice	11 Choose One Mashed Potato Bowl w/ roll Popcorn Chicken / Roll PBJ Sand & cheese Choose Up To Four Corn Baby Carrots Fresh Fruit or Juice	12 Choose One Cheese Pizza Buffalo Chicken Pizza PBJ Sand & cheese Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit	13 Choose One Walking BEEF Taco PBJ Sand & cheese Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fruit Juice or Canned Fruit	14 Choose One Spaghetti w/ meat sauce PBJ Sand & cheese Choose Up to Five Garlic Breadstick Green Beans Veggie Bar - Any Fresh or Cnd Fruit	Cal 664 T.Fat 20.55 G S.Fat 6.7 G Chol 52.4 Mg Sodm 958.83 Mg Carb 91.30 G Fiber 7.4 G Prtn 31.27 G Iron 3.02 Mg Calc 417.72 Mg
17 Choose one Pulled Pork / bun PBJ Sand & cheese Choose Up To Four Baked Beans Coleslaw Fresh Fruit or Juice	18 Choose one Lasagna Rollup & breadst PBJ Sand & cheese Choose Up To Four Candied Carrots Veggie Bar - Any Fresh or Cnd Fruit	19 Choose One Stuffed Crust Pizza PBJ Sand & cheese Choose Up To Four Broccoli w/Cheese Corn Fresh or Cnd Fruit	20 Happy Thanksgiving Choose one Turkey / Potato Stuffing Choose Up to Six Peas Roll / Butter spread Cranberry Sauce Creamy Fruit Salad Fresh Fruit Ice Cream Sundae Cup	21 Choose One Chicken Nuggets/Roll PBJ Sand & cheese Choose Up To Four Sweet Potato Fries Pepper Red Strips Fresh or Cnd Fruit	Cal 701 T.Fat 22.28 G S.Fat 6.8 G Chol 47.1 Mg Sodm 1129.69 Mg Carb 96.21 G Fiber 7.0 G Prtn 30.38 G Iron 2.45 Mg Calc 440.79 Mg
24 Choose one Hot Dog/Bun PBJ Sand & cheese Choose Up To Four Baked Beans Potato Smiles Fresh or Cnd Fruit	25 Choose One Toasted Cheese PBJ Sand & cheese Choose Up to Five Tomato Soup Crackers Veggie Bar - Any Fresh Fruit or Juice	26 Bag Lunch Day Chicken Patty/Bun Choose Up To Four Baby Carrots Veggie Bar - Any Frozen Juice Cup	27 	28	Cal 684 T.Fat 24.89 G S.Fat 7.3 G Chol 46.9 Mg Sodm 1421.13 Mg Carb 89.67 G Fiber 8.3 G Prtn 28.14 G Iron 3.01 Mg Calc 610.03 Mg

NORTHERN TIOGA SCHOOLS ELEMENTARY (K-6TH) LUNCH

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



Northern Tioga
School District is
an equal opportunity
employer and
provider.