

Northern Tioga Middle & High School (7th -12th grade) Breakfast



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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		<p>1</p> <p>Choose Up to Five Bagel /Toppings Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>2</p> <p>Choose Up to Five Fruit Frudel Pastry Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>3</p>	<p><i>Cal</i> 487 <i>T.Fat</i> 8.88 G <i>S.Fat</i> 1.8 G <i>Chol</i> 9.2 Mg <i>Sodm</i> 557.25 Mg <i>Carb</i> 88.89 G <i>Fiber</i> 2.7 G <i>Prtn</i> 13.07 G <i>Iron</i> 3.50 Mg <i>Calc</i> 419.45 Mg <i>Vit A</i> 42.70 RE</p>
<p>6</p>	<p>7</p> <p>Choose Up to Five Pancakes DW Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>8</p> <p>Choose Up to Five Pancake & Sausage on a stick Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>9</p> <p>Choose Up to Five Sweet Bread Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>10</p> <p>Choose Up to Five Muffin Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p><i>Cal</i> 479 <i>T.Fat</i> 10.00 G <i>S.Fat</i> 2.7 G <i>Chol</i> 20.4 Mg <i>Sodm</i> 487.89 Mg <i>Carb</i> 84.46 G <i>Fiber</i> 3.6 G <i>Prtn</i> 12.75 G <i>Iron</i> 2.85 Mg <i>Calc</i> 441.20 Mg <i>Vit A</i> 51.99 RE</p>
<p>13</p> <p>Choose Up to Five Snack N Waffles Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>14</p> <p>Choose Up to Five Breakfast Pizza MS HS Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>15</p> <p>Choose Up to Five Mini Cinnis Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>16</p> <p>Choose Up to Five Sweet Bread Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>17</p> <p>Choose Up to Five Fruit Frudel Pastry Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p><i>Cal</i> 540 <i>T.Fat</i> 12.67 G <i>S.Fat</i> 3.6 G <i>Chol</i> 20.8 Mg <i>Sodm</i> 594.86 Mg <i>Carb</i> 92.54 G <i>Fiber</i> 3.7 G <i>Prtn</i> 15.05 G <i>Iron</i> 3.53 Mg <i>Calc</i> 459.50 Mg <i>Vit A</i> 50.95 RE</p>
<p>20</p> <p>Choose Up to Five Pancake & Sausage on a stick Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>21</p> <p>Choose Up to Five French Toast Sticks Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>22</p> <p>Choose Up to Five Egg Bite TC Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>23</p> <p>Choose Up to Five Muffin Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>24</p> <p>Choose Up to Five Crumb Cake Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p><i>Cal</i> 479 <i>T.Fat</i> 12.03 G <i>S.Fat</i> 3.8 G <i>Chol</i> 83.0 Mg <i>Sodm</i> 518.23 Mg <i>Carb</i> 77.50 G <i>Fiber</i> 2.9 G <i>Prtn</i> 14.55 G <i>Iron</i> 3.03 Mg <i>Calc</i> 445.04 Mg <i>Vit A</i> 49.37 RE</p>
<p>27</p> <p>Choose Up to Five Bagel /Toppings Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>28</p> <p>Choose Up to Five Cinnamon Roll (HF) Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>29</p> <p>Choose Up to Five Yogurt Parfait/granola p Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>30</p> <p>Choose Up to Five Breakfast Pizza MS HS Cereal Cereal Bar Fruit Juice Fresh or Cnd Fruit</p>	<p>Northern Tioga School District is an equal opportunity employer and provider.</p>	<p><i>Cal</i> 542 <i>T.Fat</i> 11.10 G <i>S.Fat</i> 2.8 G <i>Chol</i> 16.7 Mg <i>Sodm</i> 568.21 Mg <i>Carb</i> 92.71 G <i>Fiber</i> 3.4 G <i>Prtn</i> 15.91 G <i>Iron</i> 3.08 Mg <i>Calc</i> 484.60 Mg <i>Vit A</i> 47.30 RE</p>