

Northern Tioga Schools Elementary(K-6th) Breakfast



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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 Choose Up to Five Bagel /Toppings Cereal Fruit Juice Fresh or Cnd Fruit	2 Choose Up to Five Fruit Frudel Pastry Cereal with Fruit Juice Fresh or Cnd Fruit	3 	Cal 487 T.Fat 7.87 G S.Fat 1.8 G Chol 9.3 Mg Sodm 585.75 Mg Carb 91.90 G Fiber 3.2 G Prtn 12.86 G Iron 4.21 Mg Calc 374.00 Mg Vit A 46.94 RE
6 	7 Choose Up to Five Pancakes DW Cereal Fruit Juice Fresh or Cnd Fruit	8 Choose Up to Five Pancake & Sausage on a stick Cereal Fruit Juice Fresh or Cnd Fruit	9 Choose Up to Five Sweet Bread Cereal Fruit Juice Fresh or Cnd Fruit	10 Choose Up to Five Muffin Cereal Fruit Juice Fresh or Cnd Fruit	Cal 477 T.Fat 9.06 G S.Fat 2.7 G Chol 20.4 Mg Sodm 539.78 Mg Carb 86.35 G Fiber 3.6 G Prtn 13.22 G Iron 4.12 Mg Calc 395.41 Mg Vit A 54.45 RE
13 Choose Up to Five Snack N Waffles Cereal Fruit Juice Fresh or Cnd Fruit	14 Choose Up to Five Breakfast Pizza -Element Cereal with Fruit Juice Fresh or Cnd Fruit	15 Choose Up to Five Mini Cinnis Cereal Fruit Juice Fresh or Cnd Fruit	16 Choose Up to Five Sweet Bread Cereal Fruit Juice Fresh or Cnd Fruit	17 Choose Up to Five Fruit Frudel Pastry Cereal with Fruit Juice Fresh or Cnd Fruit	Cal 506 T.Fat 9.92 G S.Fat 3.0 G Chol 17.0 Mg Sodm 574.17 Mg Carb 92.00 G Fiber 4.0 G Prtn 13.63 G Iron 4.15 Mg Calc 398.63 Mg Vit A 54.27 RE
20 Choose Up to Five Pancake & Sausage on a stick Cereal Fruit Juice Fresh or Cnd Fruit	21 Choose Up to Five French Toast Sticks Cereal Fruit Juice Fresh or Cnd Fruit	22 Choose Up to Five Egg Bite TC Cereal Fruit Juice Fresh or Cnd Fruit	23 Choose Up to Five Muffin Cereal Fruit Juice Fresh or Cnd Fruit	24 Choose Up to Five Crumb Cake Cereal Fruit Juice Fresh or Cnd Fruit	Cal 482 T.Fat 10.81 G S.Fat 3.6 G Chol 56.9 Mg Sodm 562.26 Mg Carb 81.62 G Fiber 3.2 G Prtn 14.59 G Iron 4.38 Mg Calc 398.77 Mg Vit A 48.71 RE
27 Choose Up to Five Bagel /Toppings Cereal Fruit Juice Fresh or Cnd Fruit	28 Choose Up to Five Cinnamon Roll (HF) Cereal Fruit Juice Fresh or Cnd Fruit	29 Choose Up to Five Yogurt Parfait/granola p Cereal Fruit Juice Fresh or Cnd Fruit	30 Choose Up to Five Breakfast Pizza -Element Cereal with Fruit Juice Fresh or Cnd Fruit	Northern Tioga School District is an equal opportunity employer and provider.	Cal 505 T.Fat 8.60 G S.Fat 2.3 G Chol 13.1 Mg Sodm 539.02 Mg Carb 91.97 G Fiber 3.6 G Prtn 13.96 G Iron 3.64 Mg Calc 407.13 Mg Vit A 51.11 RE