

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



Northern Tioga Schools Elementary (K-6th) Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>April</p>		<p>1</p> <p>Choose One Cheese Pizza Garlic Pizza PBJ Sand & cheese Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit</p>	<p>2</p> <p>Choose one Meatball Sub PBJ Sand & cheese Choose Up To Four Baby Carrots Potato Smiles Fruit Juice or Canned Fruit</p>	<p>3</p>	<p><i>Cal</i> 590 <i>T.Fat</i> 19.34 G <i>S.Fat</i> 6.5 G <i>Chol</i> 39.6 Mg <i>Sodm</i> 1095.05 Mg <i>Carb</i> 77.24 G <i>Fiber</i> 6.6 G <i>Prtn</i> 28.26 G <i>Iron</i> 4.04 Mg <i>Calc</i> 540.72 Mg <i>Vit A</i> 28.12 RE</p>
	<p>7</p> <p>Choose One Chicken Nuggets with pretzel PBJ Sand & cheese Choose Up To Four Sweet Potato Fries Baked Beans Fruit Juice or Canned Fruit</p>	<p>8</p> <p>Choose One Stuffed Crust Pizza PBJ Sand & cheese Choose Up To Four Broccoli Cucumber Slices Fresh or Cnd Fruit</p>	<p>9</p> <p>Choose one ChickenFajita pretz.rod Yogurt w/cheese & pretzel PBJ Sand & cheese Choose Up To Four Refried Beans Corn Fresh or Cnd Fruit</p>	<p>10</p> <p>Choose one Macaroni & Cheese & Roll Buffalo Chick for Mac & PBJ Sand & cheese Choose Up To Four Peas Veggie Bar - Any Fresh Fruit</p>	<p><i>Cal</i> 620 <i>T.Fat</i> 17.48 G <i>S.Fat</i> 6.0 G <i>Chol</i> 44.7 Mg <i>Sodm</i> 1032.12 Mg <i>Carb</i> 88.04 G <i>Fiber</i> 6.4 G <i>Prtn</i> 28.74 G <i>Iron</i> 2.44 Mg <i>Calc</i> 517.51 Mg <i>Vit A</i> 33.80 RE</p>
<p>13</p> <p>Choose one Cheese Breadstick w/ meatballs PBJ Sand & cheese Choose Up To Four Green Beans Cucumber Slices Fresh or Cnd Fruit</p>	<p>14</p> <p>Choose One Chicken Alfredo PBJ Sand & cheese Choose Up To Four Broccoli Veggie Bar - Any Fresh Fruit or Juice</p>	<p>15</p> <p>Choose One Pepperoni Pizza PBJ Sand & cheese Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit</p>	<p>16</p> <p>Choose One Walking BEEF Taco PBJ Sand & cheese Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fresh or Cnd Fruit</p>	<p>17</p> <p>Bag Lunch Day Chicken Patty/Bun Choose Up To Four Baby Carrots Veggie Bar - Any Frozen Juice Cup</p>	<p><i>Cal</i> 649 <i>T.Fat</i> 22.31 G <i>S.Fat</i> 7.4 G <i>Chol</i> 49.0 Mg <i>Sodm</i> 1054.07 Mg <i>Carb</i> 83.63 G <i>Fiber</i> 7.2 G <i>Prtn</i> 30.01 G <i>Iron</i> 2.70 Mg <i>Calc</i> 444.59 Mg <i>Vit A</i> 36.04 RE</p>
<p>20</p> <p>Choose one Hot Dog/Bun PBJ Sand & cheese Choose Up To Four Baby Carrots Baked Beans Fresh or Cnd Fruit</p>	<p>21</p> <p>Choose one Smoothie meal BBQ Pork Rib Sandwich PBJ Sand & cheese Choose Up to Five Hash Browns Pepper Red Strips Fresh or Cnd Fruit</p>	<p>22</p> <p>Choose One Cheese Pizza Garlic Pizza PBJ Sand & cheese Choose Up To Four Broccoli w/Cheese Veggie Bar - Any Fresh or Cnd Fruit</p>	<p>23</p> <p>Choose one Taco Yogurt w/cheese & pretzel PBJ Sand & cheese Choose Up to Five Corn Refried Beans Fresh or Cnd Fruit Soft Pretzel Rods</p>	<p>24</p> <p>Choose one Lasagna Rollup & breadst PBJ Sand & cheese Choose Up to Five Candied Carrots Veggie Bar - Any Fresh or Cnd Fruit</p>	<p><i>Cal</i> 622 <i>T.Fat</i> 17.12 G <i>S.Fat</i> 5.8 G <i>Chol</i> 32.7 Mg <i>Sodm</i> 899.11 Mg <i>Carb</i> 91.84 G <i>Fiber</i> 6.9 G <i>Prtn</i> 27.51 G <i>Iron</i> 2.88 Mg <i>Calc</i> 500.47 Mg <i>Vit A</i> 40.81 RE</p>
<p>27</p> <p>Choose one Mini Corn Dogs PBJ Sand & cheese Choose Up To Four Veggie Bar - Any Baked Beans Fresh or Cnd Fruit</p>	<p>28</p> <p>Choose One Loaded Tater Tots PBJ Sand & cheese Choose Up to Five Peas Veggie Bar - Any Fresh Fruit or Juice Soft Pretzel Rods</p>	<p>29</p> <p>Choose One Cheese Pizza Buffalo ChickenPizza PBJ Sand & cheese Choose Up To Four Romaine lettuce Tomatoes Grape Fruit Juice or Canned Fruit</p>	<p>30</p> <p>Choose One Walking BEEF Taco PBJ Sand & cheese Choose Up to Five Corn Refried Beans Soft Pretzel Rods Fresh or Cnd Fruit</p>	<p>Northern Tioga School District is an equal opportunity employer and provider.</p>	<p><i>Cal</i> 659 <i>T.Fat</i> 22.99 G <i>S.Fat</i> 7.3 G <i>Chol</i> 58.1 Mg <i>Sodm</i> 933.10 Mg <i>Carb</i> 84.04 G <i>Fiber</i> 6.5 G <i>Prtn</i> 28.09 G <i>Iron</i> 1.99 Mg <i>Calc</i> 358.59 Mg <i>Vit A</i> 35.08 RE</p>