

Northern Tioga Middle School (7th-8th grade) Lunch Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 Choose One Cheese Pizza Garlic Pizza Pulled Pork / bun Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit	2 Choose one Meatball Sub Cheese Pizza Burger/ Cheese / Bun Choose Up To Four Baby Carrots Potato Smiles Fruit Juice or Canned Fruit	3 	Cal 613 T.Fat 21.53 G S.Fat 8.0 G Chol 49.9 Mg Sodm 993.18 Mg Carb 76.94 G Fiber 6.2 G Prtn 28.45 G Iron 3.64 Mg Calc 495.52 Mg Vit A 29.09 RE
		6 	7 Choose One Chicken Nuggets / Soft Pretzel Cheese Pizza Choose Up To Four Sweet Potato Fries Baked Beans Fruit Juice or Canned Fruit	8 Choose One Stuffed Crust Pizza Pulled Pork / bun Choose Up To Four Broccoli Cucumber Slices Fresh or Cnd Fruit	9 Choose One ChickenFajita lg.pretzel Yogurt w/ string ch. & pret. Cheese Pizza Choose Up To Four Corn Refried Beans Fresh or Cnd Fruit
13 Choose one Cheese Breadstick w/ meatballs Cheese Pizza Burger/ Cheese / Bun Choose Up To Four Green Beans Cucumber Slices Fresh or Cnd Fruit	14 Choose one Chicken Alfredo Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Broccoli Pepper Red Strips Fresh Fruit or Juice Garlic Breadstick	15 Choose One Pepperoni Pizza Pulled Pork / bun Choose Up To Four Romaine lettuce Tomatoes Grape Fresh or Cnd Fruit	16 Choose One Walking BEEF Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Applesauce or Fresh Fruit	17 Bag Lunch Day Chicken Patty/Bun Choose Up to Five Baby Carrots Veggie Bar - Any Frozen Juice Cup Fresh Fruit	Cal 684 T.Fat 24.35 G S.Fat 8.2 G Chol 60.1 Mg Sodm 1042.62 Mg Carb 85.52 G Fiber 7.7 G Prtn 31.92 G Iron 2.58 Mg Calc 445.21 Mg Vit A 36.05 RE
20 Choose one Hot Dog/Bun Burger/ Cheese / Bun Choose Up to Five Baby Carrots Baked Beans Fresh or Cnd Fruit Chocolate Chip Cookie	21 Choose One Smoothie meal BBQ Pork Rib Sandwich Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Hash Browns Pepper Red Strips Fresh Fruit or Juice	22 Choose One Cheese Pizza Garlic Pizza Pulled Pork / bun Choose Up To Four Broccoli w/Cheese Veggie Bar - Any Fresh or Cnd Fruit	23 Choose One Taco Yogurt w/ string ch. & pret. Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Applesauce or Fresh Fruit	24 Choose one Lasagna Rollup & breadst Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Candied Carrots Veggie Bar - Any Fresh or Cnd Fruit Sugar Cookie	Cal 694 T.Fat 23.38 G S.Fat 8.5 G Chol 58.5 Mg Sodm 1028.94 Mg Carb 91.76 G Fiber 8.2 G Prtn 30.26 G Iron 3.04 Mg Calc 465.27 Mg Vit A 38.53 RE
27 Choose one Mini Corn Dogs Burger/ Cheese / Bun Cheese Pizza Choose Up To Four Veggie Bar - Any Baked Beans Fresh or Cnd Fruit	28 Choose One Loaded Tater Tots Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Peas Veggie Bar - Any Fresh Fruit or Juice Soft Pretzel Rods	29 Choose One Cheese Pizza Buffalo ChickenPizza Pulled Pork / bun Choose Up To Four Romaine lettuce Tomatoes Grape Fruit Juice or Canned Fruit	30 Choose One Walking BEEF Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Corn Refried Beans Soft Pretzel Rods Applesauce or Fresh Fruit	Northern Tioga School District is an equal opportunity employer and provider.	Cal 670 T.Fat 24.54 G S.Fat 8.2 G Chol 65.1 Mg Sodm 1038.83 Mg Carb 82.19 G Fiber 7.1 G Prtn 29.73 G Iron 2.13 Mg Calc 382.13 Mg Vit A 33.07 RE