

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



# Northern Tioga School District High School (9th-12th grade) Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		<p>1</p> <p>Choose One Cheese Pizza Garlic Pizza Pulled Pork / bun Choose Up to Five Romaine lettuce Tomatoes Grape Canned Fruit Fresh Fruit</p>	<p>2</p> <p>Choose one Meatball Sub Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Baby Carrots Potato Smiles Fruit Juice Canned Fruit</p>	<p>3</p>	<p><i>Cal</i> 719 <i>T.Fat</i> 22.96 G <i>S.Fat</i> 8.5 G <i>Chol</i> 50.9 Mg <i>Sodm</i> 1057.89 Mg <i>Carb</i> 97.21 G <i>Fiber</i> 7.4 G <i>Prtn</i> 30.98 G <i>Iron</i> 4.11 Mg <i>Calc</i> 574.96 Mg <i>Vit A</i> 41.32 RE</p>
	<p>7</p> <p>Choose one Chicken Nuggets / Soft Pretzel Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Sweet Potato Fries Baked Beans Fruit Juice Canned Fruit</p>	<p>8</p> <p>Choose One Stuffed Crust Pizza Pulled Pork / bun Choose Up to Six Broccoli Cucumber Slices Canned Fruit Fresh Fruit Cinnamon Roll (HF)</p>	<p>9</p> <p>Choose One ChickenFajita lg.pretzel Yogurt w/ string ch. &amp; pret. Cheese Pizza Choose Up to Five Corn Refried Beans Canned Fruit Fresh Fruit</p>	<p>10</p> <p>Choose one Mac &amp; Cheese/Roll Buffalo Chick for Mac &amp; Burger/ Cheese / Bun Choose Up to Five Peas Veggie Bar - Any Fruit Juice Fresh Fruit</p>	<p><i>Cal</i> 748 <i>T.Fat</i> 23.63 G <i>S.Fat</i> 7.8 G <i>Chol</i> 58.0 Mg <i>Sodm</i> 1231.41 Mg <i>Carb</i> 102.50 G <i>Fiber</i> 8.9 G <i>Prtn</i> 32.44 G <i>Iron</i> 3.15 Mg <i>Calc</i> 499.32 Mg <i>Vit A</i> 37.67 RE</p>
<p>13</p> <p>Choose one Cheese Breadstick w/ meatballs Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Green Beans Cucumber Slices Fresh Fruit Canned Fruit</p>	<p>14</p> <p>Choose one Chicken Alfredo Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Broccoli Veggie Bar - Any Fruit Juice Fresh Fruit Garlic Breadstick</p>	<p>15</p> <p>Choose One Pepperoni Pizza Pulled Pork / bun Choose Up to Five Romaine lettuce Tomatoes Grape Canned Fruit Fresh Fruit</p>	<p>16</p> <p>Choose One Walking BEEF Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Corn Refried Beans Soft Pretzel Fresh Fruit Applesauce</p>	<p>17</p> <p>Bag Lunch Day Chicken Patty/Bun Choose Up to Six Baby Carrots Veggie Bar - Any Frozen Juice Cup Fresh Fruit Carnival Cookie</p>	<p><i>Cal</i> 753 <i>T.Fat</i> 25.57 G <i>S.Fat</i> 8.5 G <i>Chol</i> 61.0 Mg <i>Sodm</i> 1046.74 Mg <i>Carb</i> 99.34 G <i>Fiber</i> 8.9 G <i>Prtn</i> 33.03 G <i>Iron</i> 3.05 Mg <i>Calc</i> 451.65 Mg <i>Vit A</i> 39.55 RE</p>
<p>20</p> <p>Choose one Hot Dog/Bun Burger/ Cheese / Bun Choose Up to Six Baked Beans Baby Carrots Canned Fruit Fresh Fruit Sugar Cookie</p>	<p>21</p> <p>Choose One Smoothie meal BBQ Pork Rib Sandwich Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Hash Browns Pepper Red Strips Fresh Fruit Fruit Juice</p>	<p>22</p> <p>Choose One Cheese Pizza Garlic Pizza Pulled Pork / bun Choose Up to Five Broccoli w/Cheese Veggie Bar - Any Canned Fruit Fresh Fruit</p>	<p>23</p> <p>Choose One Taco Yogurt w/ string ch. &amp; pret. Burger/ Cheese / Bun Choose Up to Six Corn Refried Beans Soft Pretzel Fresh Fruit Applesauce</p>	<p>24</p> <p>Choose one Lasagna Rollup &amp; breadst Cheese Pizza Burger/ Cheese / Bun Choose Up to Five Candied Carrots Veggie Bar - Any Fresh Fruit Canned Fruit</p>	<p><i>Cal</i> 767 <i>T.Fat</i> 22.54 G <i>S.Fat</i> 8.1 G <i>Chol</i> 51.7 Mg <i>Sodm</i> 1049.15 Mg <i>Carb</i> 110.39 G <i>Fiber</i> 9.6 G <i>Prtn</i> 32.45 G <i>Iron</i> 3.42 Mg <i>Calc</i> 529.44 Mg <i>Vit A</i> 45.57 RE</p>
<p>27</p> <p>Choose one Mini Corn Dogs Burger/ Cheese / Bun Cheese Pizza Choose Up to Six Veggie Bar - Any Baked Beans Fresh Fruit Canned Fruit Cheese and Crackers</p>	<p>28</p> <p>Choose One Loaded Tater Tots Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Peas Veggie Bar - Any Fruit Juice Fresh Fruit Soft Pretzel</p>	<p>29</p> <p>Choose One Cheese Pizza Buffalo ChickenPizza Pulled Pork / bun Choose Up to Five Romaine lettuce Tomatoes Grape Canned Fruit Fruit Juice</p>	<p>30</p> <p>Choose One Walking BEEF Taco Cheese Pizza Burger/ Cheese / Bun Choose Up to Six Corn Refried Beans Soft Pretzel Fresh Fruit Applesauce</p>	<p>Northern Tioga School District is an equal opportunity employer and provider.</p>	<p><i>Cal</i> 762 <i>T.Fat</i> 25.57 G <i>S.Fat</i> 8.8 G <i>Chol</i> 68.6 Mg <i>Sodm</i> 1097.64 Mg <i>Carb</i> 101.04 G <i>Fiber</i> 7.8 G <i>Prtn</i> 32.61 G <i>Iron</i> 2.32 Mg <i>Calc</i> 398.02 Mg <i>Vit A</i> 38.34 RE</p>