

March



Nutrients

Northern Tioga Schools Secondary Breakfast Menu



			1 Choose One Sausage Bagel Pizza Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa	2 Choose One Breakfast Pizza Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	<i>Cal</i> 468 <i>T.Fat</i> 12.47 G <i>S.Fat</i> 4.5 G <i>Chol</i> 22.6 Mg <i>Sodm</i> 833.40 Mg <i>Carb</i> 72.70 G <i>Fiber</i> 2.8 G <i>Prtn</i> 18.39 G <i>Iron</i> 7.45 Mg <i>Calc</i> 640.30 Mg <i>Vit A</i> 352.10 RE
5 Choose One Bagel/Toppings Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	6 Choose One Cinnamon Roll Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	7 Choose One Fruit Frudel Pastry Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	8 Choose One Pizza Cruncher Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	9 Choose One Blueberry Pancakes Yogurt Pizza Stick Choose Up To Three Cereal Variety Fruit Juice or	<i>Cal</i> 557 <i>T.Fat</i> 13.84 G <i>S.Fat</i> 4.0 G <i>Chol</i> 16.3 Mg <i>Sodm</i> 750.13 Mg <i>Carb</i> 93.64 G <i>Fiber</i> 4.1 G <i>Prtn</i> 18.61 G <i>Iron</i> 7.53 Mg <i>Calc</i> 612.81 Mg <i>Vit A</i> 344.16 RE
12 Choose One Sausage Bagel Pizza Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa	13 Choose One Cheezy Bread Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	14 Choose One Pizza Stick Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	15 Choose One Breakfast Pizza Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	16 Choose One French Toast Stix Yogurt Pizza Stick Choose Up To Three Cereal Variety Fruit Juice or Cocoa	<i>Cal</i> 515 <i>T.Fat</i> 13.73 G <i>S.Fat</i> 5.1 G <i>Chol</i> 27.7 Mg <i>Sodm</i> 842.89 Mg <i>Carb</i> 80.77 G <i>Fiber</i> 4.1 G <i>Prtn</i> 19.61 G <i>Iron</i> 8.18 Mg <i>Calc</i> 648.48 Mg <i>Vit A</i> 329.66 RE
19 Choose One Pizza Stick Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	20 Choose One Fruit Frudel Pastry Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	21 Choose One Cinnamon Roll Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	22 Choose One Breakfast Pizza Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	23 Choose One Blueberry Pancakes Yogurt Pizza Stick Choose Up To Three Cereal Variety Fruit Juice or	<i>Cal</i> 509 <i>T.Fat</i> 11.89 G <i>S.Fat</i> 4.5 G <i>Chol</i> 18.1 Mg <i>Sodm</i> 740.14 Mg <i>Carb</i> 86.47 G <i>Fiber</i> 4.1 G <i>Prtn</i> 17.02 G <i>Iron</i> 8.18 Mg <i>Calc</i> 590.49 Mg <i>Vit A</i> 320.24 RE
26 Choose One Pizza Stick Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	27 Choose One Cinnamon Roll Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	28 Choose One Bagel/Toppings Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	29 Choose One Breakfast Pizza Yogurt Choose Up To Three Cereal Variety Fruit Juice or Cocoa Milk	30 Choose One Blueberry Mini Waffle Yogurt Pizza Stick Choose Up To Three Cereal Variety Fruit Juice or	<i>Cal</i> 550 <i>T.Fat</i> 14.41 G <i>S.Fat</i> 4.4 G <i>Chol</i> 18.0 Mg <i>Sodm</i> 769.55 Mg <i>Carb</i> 90.08 G <i>Fiber</i> 4.0 G <i>Prtn</i> 18.17 G <i>Iron</i> 7.72 Mg <i>Calc</i> 601.67 Mg <i>Vit A</i> 333.23 RE