

NORTH OLMSTED INTERMEDIATE SCHOOL MENU

MONDAY

**RETRO DAY IS
FEBRUARY 29**

LUNCH PRICES ARE
ROLLED BACK ON
THIS DAY TO **\$1.00!**
SO PLAN ON JOINING
US FOR A TRIP BACK
TO THE SIXTIES
FOR LUNCH!

TUESDAY

Daily Side
Selections:
Tossed Salad or
Veggie Sticks
Fresh Apple, Orange
or Fruit in Season

WEDNESDAY

1 CHOOSE 1
Hot Dog on a Bun
Chicken Fingers w/Roll
CHOOSE UP TO 2
Mashed Potatoes
Pears
Or
Stackable Express
(A "Lunchable" w/ Meat,
Cheese, Veggies & Fruit)

THURSDAY

2
CHOOSE 1
Chicken Patty on a Bun
Beef Stew
or
Ravioli w/Roll
CHOOSE UP TO 2
Tossed Salad
Diced Pears
Bonus: Elfin Grahams

FRIDAY

3
CHOOSE 1
BBQ Chicken on a Bun
Macaroni & Cheese
Or
Stromboli #
CHOOSE UP TO 2
Carrots& Dip
Fruit Mix
MAY CHOOSE 1 MILK

1/30 - 2/3 Calories 702 Total Fat: 26.37% Iron: 3.98Mg Sat. Fat: 10.1 % Calcium: 575 Mg Protein: 30.23 G Vit A: 538 RE Vit C: 16.47 Mg

6
CHOOSE 1
Cheeseburger on a Bun
Corn Dog
or
Italian Wrap #
CHOOSE UP TO 2
Tater Tots
Applesauce
Bonus: Cheez-it Scrabble

7 CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Chef's Salad
W/Garlic Breadstick
Or
Ham & Cheese on Bun #
CHOOSE UP TO 2
Carrots W/ Dip
Mixed Fruit

8
CHOOSE 1
Hot Dog on a Bun
Spaghetti Tacos
or
Steak & Cheese
CHOOSE UP TO 2
Tossed Salad
Diced Pears

9
CHOOSE 1
Chicken Patty on a Bun
Shepherds Pie
or
Garden Pasta Salad

CHOOSE UP TO 2
Seasoned Rice
Diced Peaches

10 CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Sloppy Joe on a Bun
or
Veggie Wrap
CHOOSE UP TO 2
Chicken Noodle Soup
Pineapple
MAY CHOOSE 1 MILK

6 - 10 Calories 726 Total Fat: 26.82% Iron: 5.08Mg Sat. Fat: 9.66 % Calcium:501 Mg Protein: 29.89 G Vit A 512 RE Vit C:17.95 Mg

13 CHOOSE 1
Cheeseburger on a Bun
Cheese or Chicken
Quesadilla
Or
Classic Club Wrap #
CHOOSE UP TO 2
French Fries
Small Apple
MAY CHOOSE 1 MILK

Lucky Heart Day
CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Tuscan Salad Wrap #
or
Roast Beef Sandwich
CHOOSE UP TO 2
Tossed Salad
Mixed Fruit

15 CHOOSE 1
Hot Dog on a Bun
Soft Tacos w/Lettuce
or
Baked Potato w/Chili or
Broc/Cheese Sc topping
CHOOSE UP TO 2
Green Beans
Diced Pears
Bonus: Pudding

16
CHOOSE 1
Chicken Patty on a Bun
Italian Dunkers or
Dannon Yogurt w/Hot
Pretzel
CHOOSE UP TO 2
Pasta Salad
Banana
MAY CHOOSE 1 MILK

17

Staff Day

No School

13 - 16 Calories 713 Total Fat: 24.06% Iron: 4.77Mg Sat. Fat: 9.05 % Calcium: 536 Mg Protein: 30.28 G Vit A: 376 RE Vit C:18.52Mg

20

Presidents Day

No School

21
CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Turkey & Ch. Triangles
Or
Chix Caesar Salad
CHOOSE UP TO 2
Carrots W/ Dip
Peaches

22 CHOOSE 1
Hot Dog on a Bun
Mac & Cheese w/Roll
Or
Dannon Yogurt w/Hot
Pretzel
CHOOSE UP TO 2
Tomato Soup
Peaches
Bonus: Cookie

23 CHOOSE 1
Chicken Patty on a Bun
Nachos w./ Beef &
Cheese
or
Popcorn Chicken Salad
w/Roll
CHOOSE UP TO 2
Spanish Rice
Diced Pears

24 CHOOSE 1
Domino's Cheese Pizza
Meatball Sub
or
Tuna Salad Wrap
CHOOSE UP TO 2
Peas & Carrots
Grapes
MAY CHOOSE 1 MILK
Bonus:Jello Cake.

21 - 24 Calories 700 Total Fat: 25.31% Iron: 4.84Mg Sat. Fat: 9.88 % Calcium: 501 Mg Protein: 28.84 G Vit A: 516 RE Vit C:14.43Mg

27
CHOOSE 1
Cheeseburger on a Bun
Chicken Parmesan
on a Bun
Or
Spaghetti Tacos
CHOOSE UP TO 2
Corn
Diced Pineapple

28 CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Spinach Salad
or
Chicken Salad Wrap
CHOOSE UP TO 2
Pasta Salad
Diced Pears
MAY CHOOSE 1 MILK

RETRO HAPPY DAYS
Hula-hoop Hot Dog
or
Chachi Chicken Fingers
CHOOSE UP TO 3
Fonzarelli Fries
Potsie Peaches
Cunningham Cowboy
Bread
Ralph Malph Milk

2/27-29
Calories 764
Total Fat: 24.08%
Iron: 4.70 Mg
Sat. Fat:9.95 %
Calcium: 510 Mg
Protein: 32.02 G
Vit A: 375 RE
Vit C:14.55 Mg

STUDENTS MAY
SELECT ONE CARTON
FROM A CHOICE OF
MILK EACH DAY AS
PART OF EVERY
LUNCH
- May Contain Pork

Menu is Subject to Change
North Olmsted City Schools
Sodexo School Services