

# NORTH OLMSTED PRIMARY SCHOOL MENU

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1  
CHOOSE 1  
Tony's Cheese Pizza  
or  
Chef's Salad  
W/Garlic Breadstick  
CHOOSE UP TO 2  
Carrots W/ Dip  
Mixed Fruit  
MAY CHOOSE 1 MILK

2 CHOOSE 1  
Breaded Chicken  
W/Dinner Roll  
or  
American Sub #  
  
CHOOSE UP TO 2  
Mashed Potatoes  
Fruit Cup  
MAY CHOOSE 1 MILK

LUCKY TRAY DAY  
Rotini w/MeatSc.  
Or  
Baked Potato w/ Chili or  
Cheese Topping  
(Breadstick w/both)  
CHOOSE UP TO 2  
Tossed Salad  
Peaches  
MAY CHOOSE 1 MILK

4  
CHOOSE 1  
Potato & Ch Pierogies  
or  
BBQ Chicken on Bun  
CHOOSE UP TO 2  
Mixed Veggies  
Orange Wedges  
MAY CHOOSE 1 MILK  
Bonus: Pudding

7  
CHOOSE 1  
Corn Dog  
or  
Cheeseburger on a Bun  
  
CHOOSE UP TO 2  
Tater Tots  
Applesauce  
Bonus: Cheez-it Scrabble

8  
CHOOSE 1  
Cheesy Bread Sticks w/  
Dipping Sauce  
or  
Turkey & Cheese Sub  
CHOOSE UP TO 2  
Carrots w/Dip  
Fruit Cocktail  
MAY CHOOSE 1 MILK

9  
CHOOSE 1  
Hot Dog on a Bun  
or  
Spaghetti Tacos  
  
CHOOSE UP TO 2  
Tossed Salad  
Diced Pears  
MAY CHOOSE 1 MILK

10  
CHOOSE 1  
Chicken Patty on a Bun  
or  
Shepherds Pie  
  
CHOOSE UP TO 2  
Seasoned Rice  
Diced Peaches  
MAY CHOOSE 1 MILK

11  
CHOOSE 1  
Sloppy Joe on a Bun  
or  
Veggie Wrap  
  
CHOOSE UP TO 2  
Chicken Noodle Soup  
Pineapple  
MAY CHOOSE 1 MILK

1/31 - 2/4 Calories 648 Total Fat: 25.17% Iron: 4.36Mg Sat. Fat: 7.71 % Calcium: 487 Mg Protein: 29.15 G Vit A: 571 RE Vit C: 20.49 Mg

2/7 - 11 Calories 713 Total Fat: 27.32% Iron: 4.63Mg Sat. Fat: 9.52% Calcium: 515 Mg Protein: 29.86G Vit A 387 RE Vit C: 18.52 Mg

14  
CHOOSE 1  
Cheeseburger on a Bun  
or  
Turkey & Cheese Wrap  
CHOOSE UP TO 2  
French Fries  
Small Apple  
Bonus: Cheez-it Scrabble

15  
CHOOSE 1  
Tony's Cheese Pizza  
or  
Chef's Salad  
W/Garlic Breadstick  
CHOOSE UP TO 2  
Tossed Salad  
Mixed Fruit  
MAY CHOOSE 1 MILK

16 CHOOSE 1  
Italian Dunkers  
or  
Dannon Yogurt w/Hot  
Pretzel  
CHOOSE UP TO 2  
Pasta Salad  
Banana  
MAY CHOOSE 1 MILK  
Bonus: Pudding

17  
CHOOSE 1  
Soft Tacos w/Lettuce  
or  
Chicken Salad Wrap  
CHOOSE UP TO 2  
Green Beans  
Diced Pears  
MAY CHOOSE 1 MILK

18  
  
NO SCHOOL  
  
Teacher/ Staff  
Work-Day

2/14 - 17 Calories 689 Total Fat: 24.10% Iron: 4.67Mg Sat. Fat: 8.18 % Calcium: 524 Mg Protein: 28.86 G Vit A: 411 RE Vit C: 19.96Mg

21  
  
Presidents'  
Day  
  
No School

22  
CHOOSE 1  
Mini Round Pizza  
or  
Turkey & Ch. Triangles  
  
CHOOSE UP TO 2  
Carrots W/ Dip  
Peaches  
MAY CHOOSE 1 MILK

**RETRO DAY**  
You Ain't Nothin' But a  
Hot Dog or  
Bandstand Burger  
CHOOSE UP TO 3  
Twist & Shout Fries  
One Bad Applesauce  
Blast From the Past  
Brownie  
Magical Mystery Milk

24  
CHOOSE 1  
Chicken Patty on a Bun  
or  
Nachos w/ Beef &  
Cheese  
  
CHOOSE UP TO 2  
Spanish Rice  
Diced Pears

25  
CHOOSE 1  
Meatball Sub  
or  
Tuna Salad Wrap  
CHOOSE UP TO 2  
Seasoned Noodles  
Fresh Fruit  
MAY CHOOSE 1 MILK  
Bonus: Spice Cake

2/22 - 25 Calories 734 Total Fat: 28.08% Iron: 4.55 Mg Sat. Fat: 9.23 % Calcium: 446 Mg Protein: 30.25 G Vit A: 473 RE Vit C: 9.93Mg

28  
CHOOSE 1  
Cheeseburger on a Bun  
Or  
Spaghetti Tacos  
CHOOSE UP TO 2  
Corn  
Diced Pineapple  
MAY CHOOSE 1 MILK

**RETRO DAY IS  
FEBRUARY 23**  
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!

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

STUDENTS MAY  
SELECT ONE CARTON  
FROM A CHOICE OF  
MILK EACH DAY AS  
PART OF EVERY  
LUNCH  
# - May Contain Pork  
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Menu is Subject to Change  
North Olmsted City Schools  
Sodexo School Services