

# NORTH OLMSTED PRIMARY 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  
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  
Beef Stew w/Roll  
or  
Ravioli w/Roll  
  
CHOOSE UP TO 2  
Tossed Salad  
Diced Pears  
MAY CHOOSE 1 MILK

## FRIDAY

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

1/30 -2/3 Calories 659 Total Fat: 25.72% Iron: 3.43Mg Sat. Fat: 9.00 % Calcium: 537 Mg Protein: 25.955 G Vit A: 573 RE Vit C: 16.04 Mg

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

7  
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

8  
CHOOSE 1  
Hot Dog on a Bun  
or  
Spaghetti Tacos  
  
CHOOSE UP TO 2  
Tossed Salad  
Diced Pears  
MAY CHOOSE 1 MILK

9  
CHOOSE 1  
Chicken Patty on a Bun  
or  
Shephards Pie  
  
CHOOSE UP TO 2  
Seasoned Rice  
Diced Peaches  
MAY CHOOSE 1 MILK

10  
CHOOSE 1  
Sloppy Joe on a Bun  
or  
Veggie Wrap  
  
CHOOSE UP TO 2  
Chicken Noodle Soup  
Pineapple  
MAY CHOOSE 1 MILK

6 - 10 Calories 694 Total Fat: 28.29% Iron: 4.88Mg Sat. Fat: 9.02 % Calcium: 476 Mg Protein: 29.15G Vit A: 516 RE Vit C:14.914 Mg

13  
CHOOSE 1  
Cheeseburger on a Bun  
or  
Turkey & Cheese Wrap  
CHOOSE UP TO 2  
French Fries  
Small Apple  
Bonus: Graham Gripsz

Lucky Heart Day  
CHOOSE 1  
Tony's Cheese Pizza  
or  
Tuscan Salad Wrap #  
CHOOSE UP TO 2  
Tossed Salad  
Mixed Fruit  
MAY CHOOSE 1 MILK  
Valentine Bonus

15 CHOOSE 1  
Soft Tacos w/Lettuce  
or  
Baked Potato w/Chili or  
Broc/Cheese Sc Topping  
CHOOSE UP TO 2  
Green Beans  
Diced Pears  
MAY CHOOSE 1 MILK  
Bonus: Pudding

16  
CHOOSE 1  
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 682 Total Fat: 24.51% Iron: 4.53Mg Sat. Fat:8.19 % Calcium: 535 Mg Protein: 28.07 G Vit A: 420 RE Vit C:19.34Mg

20  
  
Presidents Day  
  
No School

21  
CHOOSE 1  
Mini Round Pizza  
or  
Turkey & Ch. Triangles  
  
CHOOSE UP TO 2  
Carrots W/ Dip  
Fruit  
MAY CHOOSE 1 MILK

22  
CHOOSE 1  
Mac & Cheese w/Roll  
Or  
Dannon Yogurt w/Hot  
Pretzel  
CHOOSE UP TO 2  
Tomato Soup  
Peaches  
MAY CHOOSE 1 MILK

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

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

21 - 24 Calories 662 Total Fat: 26.46% Iron: 4.20 Mg Sat. Fat:9.95 % Calcium:502 Mg Protein: 28.95 G Vit A: 532 RE Vit C:10.23Mg

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

28  
CHOOSE 1  
Cheesy Bread Sticks w/  
Dipping Sauce  
or  
Spinach Salad  
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 728  
Total Fat: 24.06%  
Iron: 4.31 Mg  
Sat. Fat:9.41 %  
Calcium: 482 Mg  
Protein: 27.30 G  
Vit A: 372 RE  
Vit C:20.17 Mg

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