

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

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