

NORTH OLMSTED MIDDLE SCHOOL MENU

MONDAY

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

CHOOSE 1
Popcorn Chicken
Basket
CHOOSE UP TO 3
Tater Tots
Cole Slaw
Diced Pears
Fruit Juice

2

CHOOSE 1
Chicken Parmesan w/
Garlic Breadstick
CHOOSE UP TO 3
Side of Spaghetti
Tossed Salad
Diced Pineapple
Fruit Juice

3

CHOOSE 1
Double Dog Hot Dogs
w/ or w/o Chili Sc.

CHOOSE UP TO 3
Potato Wedges
Peaches
Fruit Juice

1/30 - 2/3 Calories 796 Total Fat: 26.37% Iron: 3.06Mg Sat. Fat: 8.36 % Calcium: 499 Mg Protein: 31.91 G Vit A: 328RE Vit C: 17.36 Mg

6

CHOOSE 1
Meatball Sub

CHOOSE UP TO 3
Potato Wedges
Tossed Salad
Diced Pears
Fruit Juice

7

CHOOSE 1
Italian Wrap#

CHOOSE UP TO 3
Small Sun Chip
Pasta Salad
Diced Pears
Fruit Juice

8

CHOOSE 1
Macaroni & Cheese
w/Dinner Roll
CHOOSE UP TO 3
Green Beans
Fresh Fruit/ Fruit Juice
Side of Mac&Ch. w/any
other Entree
Bonus:Eagle CookieBar

9

CHOOSE 1
Big Eagle Burger

CHOOSE UP TO 3
Tater Tots
Carrot Sticks
Pineapple
Fruit Juice

10

CHOOSE 1
Texas Toast
Grilled Cheese
CHOOSE UP TO 3
Tomato Soup
Tossed Salad
Peaches
Pudding

6 -10 Calories 829 Total Fat: 26.30% Iron: 3.25 Mg Sat. Fat:9.79 % Calcium: 633 Mg Protein: 36.48 G Vit A: 395RE Vit C: 23.31 Mg

13

CHOOSE 1
Chicken Finger
Sandwich
w/Ch/Let/Tom.
CHOOSE UP TO 3
Steak Fries
Tossed Salad
Small Apple
Fruit Juice

14

CHOOSE 1
Nachos
w/ Beef & Ch.
CHOOSE UP TO 3
Spanish Rice
Corn
Applesauce
Fruit Juice

15

CHOOSE 1
Chicken Nuggets
w/Dinner Roll

CHOOSE UP TO 3
Mashed Potatoes
Mixed Vegetables
Orange Wedges
Fruit Juice

16

CHOOSE 1
Spaghetti & Meatballs
w/Breadtick

CHOOSE UP TO 3
Mixed Veggies
Tossed Salad
Pears

17

Staff Day

No School

13 - 16 Calories: 775 Total Fat: 25.26% Iron:3.16Mg Sat. Fat: 8.54 % Calcium: 522 Mg Protein: 33.51 G Vit A: 310 RE Vit C: 17.98Mg

20

Presidents Day

No School

21

CHOOSE 1
Taco Salad
w/ Cornbread
CHOOSE UP TO 3
Seasoned Rice
Corn
Mixed Fruit Cup
Fruit Juice

22

CHOOSE 1
Salisbury Steak
w/ Dinner Roll
CHOOSE UP TO 3
Mashed Potatoes/Gravy
Green Beans
Choice of Fruit
Fruit Juice
Bonus: Brownie

23

CHOOSE 1
Chicken Parmesan w/
Garlic Breadstick
CHOOSE UP TO 3
Side of Spaghetti
Tossed Salad
Diced Pineapple
Fruit Juice

24

CHOOSE 1
Buffalo Chicken Dip
w/ Tortilla Chips

CHOOSE UP TO 3
Spicy Fries
Peaches
Fruit Juice

21 - 24 Calories: 804 Total Fat: 24.43% Iron:4.11Mg Sat. Fat: 9.35 % Calcium: 510 Mg Protein: 33.83 G Vit A: 369 RE Vit C: 22.36 Mg

27

CHOOSE 1
Sloppy Joe on a bun
w/ Cheez-it Scrabble
CHOOSE UP TO 3
Tri-Tater
Applesauce
Veggie Stix
Fruit juice

28

CHOOSE 1
Cheese or Chicken
Quesadilla

CHOOSE UP TO 3
Seasoned Rice
Corn
Peaches

29

CHOOSE 1
Popcorn Chicken
Bowl
w/ Mashed Potatoes
& Corn
CHOOSE UP TO 3
Diced Pears
Fruit Juice
Bonus:Fruit Cobbler

2/27-29

Calories 827
Total Fat: 25.89%
Iron: 3.34 Mg
Sat. Fat: 9.15 %
Calcium: 550 Mg
Protein: 33.86 G
Vit A: 378 RE
Vit C:17.31 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