

NORTH OLMSTED HIGH 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
Chicken Sliders
CHOOSE UP TO 3
Spicy Fries
Celery Stix
Applesauce
Fruit Juice
Bonus: Snickerdoodle

2
CHOOSE 1
Spaghetti & Meatballs
w/Breadtick
CHOOSE UP TO 3
Mixed Veggies
Tossed Salad
Pears
Fruit Juice

3
CHOOSE 1
Quarterpound Hot Dog
w/ or w/o Chili Sc.

CHOOSE UP TO 3
Spicy Fries
Peaches
Fruit Juice

1/30 - 2/3 Calories 804 Total Fat: 25.48% Iron:3.38Mg Sat. Fat:8.46 % Calcium: 498 Mg Protein: 32.77 G Vit A: 340RE Vit C: 22.53 Mg

6
CHOOSE 1
Meatball Sub

CHOOSE UP TO 3
Spicy Fries
Tossed Salad
Fruit Cocktail
Fruit Juice

7
CHOOSE 1
Chicken Fajitas
CHOOSE UP TO 3
Spanish Rice
Seasoned Corn
Applesauce
Fruit Juice
Bonus: Fruit Cobbler

8
CHOOSE 1
Italian Wrap #

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

9 CHOOSE 1
Cheese or Pepperoni
Calzone # **
CHOOSE UP TO 3
Tri-Tater
Tossed Salad
Pineapple
Fruit Juice

** = 2nd tier Lunch

10
CHOOSE 1
Texas Toast
Grilled Cheese
CHOOSE UP TO 3
Tomato Soup
Tossed Salad
Peaches
Pudding

6 - 10 Calories: 848 Total Fat: 26.75% Iron: 3.90Mg Sat. Fat:9.59% Calcium: 569 Mg Protein: 32.38 G Vit A: 345 RE Vit C: 27.30 Mg

13
CHOOSE 1
Chicken Finger
BLT # **
CHOOSE UP TO 3
Steak Fries
Tossed Salad
Small Apple
Fruit Juice

14
CHOOSE 1
Nachos w/ Beef & Ch.
w/ Burrito
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

16 CHOOSE 1
Chicken Parmesan w/
Garlic Breadstick

CHOOSE UP TO 3
Side of Spaghetti
Tossed Salad
Diced Pineapple
Fruit Juice

17

Staff Day

No School

13 - 16 Calories: 842 Total Fat: 25.16% Iron: 4.01Mg Sat. Fat:8.92% Calcium: 558 Mg Protein: 36.66 G Vit A: 346 RE Vit C: 26.46 Mg

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
Cheese or Pepperoni
Calzone # **
CHOOSE UP TO 3
Tri-Tater
Tossed Salad
Pineapple
Fruit Juice

** = 2nd tier Lunch

24
CHOOSE 1
Texas Toast
Grilled Cheese
CHOOSE UP TO 3
Tomato Soup
Tossed Salad
Peaches
Pudding

21 - 24 Calories: 842 Total Fat: 26.67% Iron: 4.40Mg Sat. Fat: 9.56% Calcium: 553 Mg Protein: 32.36 G Vit A:383 RE Vit C: 30.67 Mg

27 CHOOSE 1
Buffalo Chicken Wrap

CHOOSE UP TO 3
Small Pretzel
Celery Stix W/ Dip
Mixed Fruit Cup
Tossed Salad
Fruit Juice

28
CHOOSE 1
Cheese or Chicken
Quesadilla

CHOOSE UP TO 3
Seasoned Rice
Corn
Peaches

29 CHOOSE 1
Chicken Cordon Bleu
Sandwich #

CHOOSE UP TO 3
Green Beans
Choice of Fruit
Fruit Juice
Bonus: Brownie

2/27-29
Calories 840
Total Fat: 23.85%
Iron: 4.31 Mg
Sat. Fat: 8.93 %
Calcium: 575 Mg
Protein: 35.67 G
Vit A: 331 RE
Vit C:9.82 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