

NORTH OLMSTED INTERMEDIATE SCHOOL MENU

MONDAY

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

TUESDAY

3 CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Chef's Salad
W/Garlic Breadstick
Or
Ham & Cheese on Bun #
CHOOSE UP TO 2
Carrots W/ Dip
Mixed Fruit

WEDNESDAY

4
CHOOSE 1
Hot Dog on a Bun
Spaghetti Tacos
or
Steak & Cheese
CHOOSE UP TO 2
Tossed Salad
Diced Pears

THURSDAY

5
CHOOSE 1
Chicken Patty on a Bun
Shepherds Pie
or
Garden Pasta Salad

CHOOSE UP TO 2
Seasoned Rice
Diced Peaches

FRIDAY

6 CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Sloppy Joe on a Bun
or
Veggie Wrap
CHOOSE UP TO 2
Chicken Noodle Soup
Pineapple
MAY CHOOSE 1 MILK

1/2 - 6 Calories 726 Total Fat: 26.82% Iron: 5.08Mg Sat. Fat: 9.66 % Calcium: 501 Mg Protein: 29.89 G Vit A: 512 RE Vit C: 17.95 Mg

9 CHOOSE 1
Cheeseburger on a Bun
Cheese or Chicken
Quesadilla
Or
Classic Club Wrap #
CHOOSE UP TO 2
French Fries
Small Apple
MAY CHOOSE 1 MILK

10 CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Tuscan Salad Wrap
or
Roast Beef Sandwich
CHOOSE UP TO 2
Tossed Salad
Mixed Fruit

11 CHOOSE 1
Hot Dog on a Bun
Soft Tacos w/Lettuce
or
Baked Potato w/Chili or
Broc/Cheese Sc topping
CHOOSE UP TO 2
Green Beans
Diced Pears
Bonus: Pudding

12
CHOOSE 1
Chicken Patty on a Bun
Italian Dunkers or
Dannon Yogurt w/Hot
Pretzel
CHOOSE UP TO 2
Pasta Salad
Banana
MAY CHOOSE 1 MILK

13 CHOOSE 1
BBQ Ribbette on Bun #
Mini Round Pizza or
Popcorn Chicken Salad
w/Roll
CHOOSE UP TO 2
Buttered Noodles
Orange Wedges
MAY CHOOSE 1 MILK
Bonus: Spice Cake

1/9 - 13 Calories 713 Total Fat: 24.06% Iron: 4.77Mg Sat. Fat: 9.05 % Calcium:536 Mg Protein: 30.28 G Vit A 376 RE Vit C:18.52 Mg

16

Martin Luther King
Day

No School

17
CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Turkey & Ch. Triangles
Or
Chix Caesar Salad
CHOOSE UP TO 2
Carrots W/ Dip
Peaches

18 CHOOSE 1
Hot Dog on a Bun
Chicken Fingers w/Roll
CHOOSE UP TO 2
Mashed Potatoes
Mixed Fruit
Or
Pizza Stackable Express #
(A "Lunchable" w/ Meat,
Cheese, Veggies & Fruit)

19
CHOOSE 1
Chicken Patty on a Bun
Nachos w./ Beef &
Cheese
or
Ham Slice #
CHOOSE UP TO 2
Spanish Rice
Diced Pears

20

Teacher
Inservice Day

No School

1/17 - 19 Calories 657 Total Fat: 26.99% Iron: 4.07Mg Sat. Fat: 9.13 % Calcium: 462 Mg Protein: 29.56 G Vit A: 363 RE Vit C:19.43Mg

23
CHOOSE 1
Cheeseburger on a Bun
Chicken Parmesan
on a Bun
Or
Spaghetti Tacos
CHOOSE UP TO 2
Corn
Diced Pineapple

24 CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Spinach Salad
or
Chicken Salad Wrap
CHOOSE UP TO 2
Pasta Salad
Diced Pears
MAY CHOOSE 1 MILK

25 CHOOSE 1
Hot Dog on a Bun
Mac & Cheese w/Roll
Or
Dannon Yogurt w/Hot
Pretzel
CHOOSE UP TO 2
Chicken Noodle Soup
Peaches
MAY CHOOSE 1 MILK

26 CHOOSE 1
Chicken Patty on a Bun
Fr. Toast Stix W/ Syrup
W/ or W/O Sausage #
or
Egg & Cheese Omlette
CHOOSE UP TO 2
Tater Tots
Fruit Cobbler
MAY CHOOSE 1 MILK

27
CHOOSE 1
Domino's Cheese Pizza
Potato & Ch Pierogies
or
BLT Salad #
CHOOSE UP TO 2
Glazed Carrots
Assorted Fruit
Bonus: Cookie

1/23 - 27 Calories 712 Total Fat: 25.51% Iron: 4.18Mg Sat. Fat: 8.48 % Calcium: 469 Mg Protein: 26.41 G Vit A: 492 RE Vit C:11.55Mg

30
CHOOSE 1
Cheeseburger on a Bun
Walking FritoTaco
or
Peppi Pizza Salad #

CHOOSE UP TO 2
Potato Wedges
Diced Pears

31
CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Chix Caesar Salad
or
Turkey & Cheese Sub
CHOOSE UP TO 2
Green Beans
Mixed Fruit Cup

Nutrient Analysis for
1/30 & 1/31 is included
in February Week One

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

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