

NORTH OLMSTED PRIMARY SCHOOL MENU

MONDAY

2
CHOOSE 1
Corn Dog
or
Cheeseburger on a Bun

CHOOSE UP TO 2
Tater Tots
Applesauce
Bonus: Cheez-it Scrabble

TUESDAY

3
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

WEDNESDAY

4
CHOOSE 1
Hot Dog on a Bun
or
Spaghetti Tacos

CHOOSE UP TO 2
Tossed Salad
Diced Pears
MAY CHOOSE 1 MILK

THURSDAY

5
CHOOSE 1
Chicken Patty on a Bun
or
Shepherds Pie

CHOOSE UP TO 2
Seasoned Rice
Diced Peaches
MAY CHOOSE 1 MILK

FRIDAY

6
CHOOSE 1
Sloppy Joe on a Bun
or
Veggie Wrap

CHOOSE UP TO 2
Chicken Noodle Soup
Pineapple
MAY CHOOSE 1 MILK

1/2 - 6 Calories 694 Total Fat: 28.29% Iron: 4.88Mg Sat. Fat: 9.02 % Calcium: 476 Mg Protein: 29.15 G Vit A: 516 RE Vit C: 14.914 Mg

9
CHOOSE 1

Cheeseburger on a Bun
or
Turkey & Cheese Wrap
CHOOSE UP TO 2
French Fries
Small Apple
Bonus: Cheez-it Scrabble

10
CHOOSE 1

Tony's Cheese Pizza
or
Tuscan Salad Wrap
CHOOSE UP TO 2
Tossed Salad
Mixed Fruit
MAY CHOOSE 1 MILK

11 CHOOSE 1

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

12
CHOOSE 1

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 #
or
Popcorn Chicken Salad
w/Roll
CHOOSE UP TO 2
Orange Wedges
Buttered Noodles
MAY CHOOSE 1 MILK
Bonus: Spice Cake

1/9 - 13 Calories 682 Total Fat: 24.51% Iron: 4.53Mg Sat. Fat: 8.19 % Calcium: 535 Mg Protein: 28.07G Vit A: 420 RE Vit C:19.34 Mg

16

Martin Luther King
Day

No School

17
CHOOSE 1

Mini Round Pizza
or
Turkey & Ch. Triangles

CHOOSE UP TO 2
Carrots W/ Dip
Peaches
MAY CHOOSE 1 MILK

18 CHOOSE 1

Chicken Fingers w/Roll
CHOOSE UP TO 2
Mashed Potatoes
Fruit Mix
Or
Pizza Stackable Express #
(A "Lunchable" w/ Meat,
Cheese, Veggies & Fruit)

19
CHOOSE 1

Chicken Patty on a Bun
or
Nachos w./ Beef &
Cheese

CHOOSE UP TO 2
Spanish Rice
Diced Pears

20

Teacher
Inservice Day

No School

1/17 - 19 Calories 654 Total Fat: 28.70% Iron: 3.76Mg Sat. Fat:9.01 % Calcium: 462 Mg Protein: 27.39 G Vit A: 560 RE Vit C:16.49Mg

23
CHOOSE 1

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

24
CHOOSE 1

Cheesy Bread Sticks w/
Dipping Sauce
or
Spinach Salad
CHOOSE UP TO 2
Pasta Salad
Diced Pears
MAY CHOOSE 1 MILK

25
CHOOSE 1

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

Fr. Toast Stix W/ Syrup
W/ or W/O Sausage #
or
Egg & Cheese Omlette
CHOOSE UP TO 2
Tater Tots
Grapes
MAY CHOOSE 1 MILK

27
CHOOSE 1

Potato & Ch Pierogies
or
BBQ Chicken on a Bun

CHOOSE UP TO 2
Glazed Carrots
Assorted Fruit
Bonus: Cookie

1/23 - 27 Calories 673 Total Fat: 24.04% Iron: 3.69 Mg Sat. Fat:8.35 % Calcium: 476 Mg Protein: 24.74 G Vit A: 434 RE Vit C:15.33Mg

30
CHOOSE 1

Walking FritoTaco
or
Peppi Pizza Salad #

CHOOSE UP TO 2
Potato Wedges
Diced Pears
MAY CHOOSE 1 MILK

31
CHOOSE 1

Tony's Cheese Pizza
or
Turkey & Cheese Sub
CHOOSE UP TO 2
Green Beans
Mixed Fruit Cup
MAY CHOOSE 1 MILK
Bonus: Pudding

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 Perk

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