

# NORTH OLMSTED MIDDLE SCHOOL MENU

## MONDAY

2  
CHOOSE 1  
Meatball Sub

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

## TUESDAY

3  
CHOOSE 1  
Italian Wrap#

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

## WEDNESDAY

4 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

## THURSDAY

5  
CHOOSE 1  
Big Eagle Burger

CHOOSE UP TO 3  
Tater Tots  
Carrot Sticks  
Pineapple  
Fruit Juice

## FRIDAY

6  
CHOOSE 1  
Texas Toast  
Grilled Cheese  
CHOOSE UP TO 3  
Tomato Soup  
Tossed Salad  
Peaches  
Pudding

1/2 - 6 Calories 772 Total Fat: 26.16% Iron:3.10Mg Sat. Fat:9.78 % Calcium: 595 Mg Protein: 34.05 G Vit A:365RE Vit C: 19.19 Mg

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

10  
CHOOSE 1  
Nachos  
w/ Beef & Ch.  
CHOOSE UP TO 3  
Spanish Rice  
Corn  
Applesauce  
Fruit Juice

11 CHOOSE 1  
Chicken Nuggets  
w/Dinner Roll

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

12  
CHOOSE 1  
Chicken Parmesan w/  
Garlic Breadstick  
CHOOSE UP TO 3  
Side of Spaghetti  
Tossed Salad  
Diced Pineapple  
Fruit Juice

13  
CHOOSE 1  
Double Dog Hot Dogs  
w/ or w/o Chili Sc.

CHOOSE UP TO 3  
Tater Tots  
Peaches  
Fruit Juice

1/9 - 13 Calories 775 Total Fat: 25.26% Iron: 3.16 Mg Sat. Fat:8.54 % Calcium: 522 Mg Protein: 33.51 G Vit A:310RE Vit C: 17.98 Mg

16  
Martin Luther King  
Day

No School

17  
CHOOSE 1  
Taco Salad  
w/ Cornbread  
CHOOSE UP TO 3  
Seasoned Rice  
Corn  
Mixed Fruit Cup  
Fruit Juice

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

19  
CHOOSE 1  
Spaghetti & Meatballs  
w/Breadtick

CHOOSE UP TO 3  
Mixed Veggies  
Tossed Salad  
Pears

20  
Teacher  
Inservice Day

No School

1/17-19 Calories: 810 Total Fat: 22.80% Iron:4.69Mg Sat. Fat: 8.72 % Calcium: 496 Mg Protein: 34.67 G Vit A: 388 RE Vit C: 19.88Mg

23  
CHOOSE 1  
Sloppy Joe on a bun  
w/ Cheez-it Scrabble  
CHOOSE UP TO 3  
Tri-Tater  
Applesauce  
Veggie Stix  
Fruit juice

24  
CHOOSE 1  
Cheese or Chicken  
Quesadilla

CHOOSE UP TO 3  
Seasoned Rice  
Corn  
Peaches

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

26 CHOOSE 1  
Cheese or Pepperoni  
Calzone# \*\*  
CHOOSE UP TO 3  
Tri-Tater  
Tossed Salad  
Pineapple  
Fruit Juice  
\*\* = 2<sup>nd</sup> tier Lunch

27  
CHOOSE 1  
Buffalo Chicken Dip  
w/ Tortilla Chips

CHOOSE UP TO 3  
Spicy Fries  
Peaches  
Fruit Juice

1/23-27 Calories: 799 Total Fat: 26.11% Iron:3.03Mg Sat. Fat: 9.24 % Calcium: 544 Mg Protein: 32.63 G Vit A:347 RE Vit C: 15.54 Mg

30 CHOOSE 1  
Jumbo Brkfst Platter  
French Toast Stix,  
Egg & Ch.Omlette  
w/ or w/o Sausage #  
CHOOSE UP TO 3  
Tater Tots  
Orange Wedges  
Fruit Juice

31 CHOOSE 1  
French Dip  
Sandwich  
CHOOSE UP TO 3  
Mashed Potatoes  
Mixed Veggies  
Orange Wedges  
Fruit Juice  
Bonus: Apple Crisp

Jan. 30 & 31  
included in  
February  
analysis

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

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