

NORTH OLMSTED HIGH SCHOOL MENU

MONDAY

2
CHOOSE 1
Meatball Sub

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

TUESDAY

3
CHOOSE 1
Chicken Fajitas

CHOOSE UP TO 3
Spanish Rice
Seasoned Corn
Applesauce
Fruit Juice

WEDNESDAY

4
CHOOSE 1
Italian Wrap#

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

THURSDAY

5
CHOOSE 1
Chicken Sliders
CHOOSE UP TO 3
Tater Tots
Celery Stix
Applesauce
Fruit Juice
Bonus: Snickerdoodle

FRIDAY

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

1/2-6 Calories 814 Total Fat: 26.87% Iron:3.66Mg Sat. Fat:9.23 % Calcium: 542 Mg Protein: 31.23 G Vit A: 400RE Vit C: 28.74 Mg

9

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

10

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

12

CHOOSE 1
Chicken Parmesan w/
Garlic Breadstick

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

13

CHOOSE 1
Buffalo Chicken Dip
w/ Tortilla Chips

CHOOSE UP TO 3
Spicy Fries
Peaches
Fruit Juice

1/9-13 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

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
Turkey & Gravy
w/Stuffing
CHOOSE UP TO 3
Mashed Potatoes/Gravy
Sweet Peas
Diced Pears
Fruit Juice
Bonus: Spice Cake

19

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

** = 2nd tier Lunch

20

Teacher
Inservice day

No School

23

CHOOSE 1
Buffalo Chicken Wrap

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

24

CHOOSE 1
Cheese or Chicken
Quesadilla

CHOOSE UP TO 3
Seasoned Rice
Corn
Peaches

25

CHOOSE 1
Chicken Cordon Bleu
Sandwich #

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

26

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

** = 2nd tier Lunch

27

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

1/23-27 Calories: 830 Total Fat: 24.34% Iron: 4.28Mg Sat. Fat: 9.41% Calcium:602 Mg Protein: 34.74 G Vit A:360 RE Vit C: 23.99 Mg

30

CHOOSE 1
Baja Chicken Flatbread
Sandwich**
CHOOSE UP TO 3
Tater Tots
Tossed Salad
Fruit Cocktail
Fruit Juice

** = 2nd tier Lunch

31

CHOOSE 1
French Dip
Sandwich

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

Jan. 30 & 31
included in
February
analysis

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

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