

MARCH 2012

NORTH OLMSTED INTERMEDIATE SCHOOL MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

1
CHOOSE 1
Chicken Patty on a Bun
Walking FritoTaco
or
Peppi Pizza Salad #

CHOOSE UP TO 2
Potato Wedges
Diced Pears

2
CHOOSE 1
Domino's Cheese Pizza
Macaroni & Cheese
Or
Popcorn Chicken Salad
CHOOSE UP TO 2
Carrots & Dip
Fruit Mix
MAY CHOOSE 1 MILK

5
CHOOSE 1
Cheeseburger on a Bun
Chicken & Noodles
or
Philly Steak & Cheese
All w/Corn Chips
CHOOSE UP TO 2
Chicken Noodle Soup
Applesauce

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

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

8 CHOOSE 1
Chicken Patty on a Bun
Fr. Toast Stix W/ Syrup
W/ or W/O Sausage #
or
Scrambled Eggs w/Ham #
CHOOSE UP TO 2
Tri-Tater
Diced Pears
MAY CHOOSE 1 MILK

LUCKY TRAY DAY
CHOOSE 1
BBQ Chicken on Bun
Brd. Fish Treasures
or
Stromboli #
CHOOSE UP TO 2
Tater Tots
Grapes

1 - 9 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

12
CHOOSE 1
Cheeseburger on a Bun
Corn Dog
or
Italian Wrap #
CHOOSE UP TO 2
Crinkle Cut Fries
Apricots
Bonus: Cheez-it Scrabble

13
CHOOSE 1
Domino's Cheese Pizza
w/Ch.Brdstick
Spinach Salad
or
Roast Beef Sandwich
CHOOSE UP TO 2
Pasta Salad
Diced Pears

14
CHOOSE 1
Hot Dog on a Bun
Spaghetti Tacos
or
Steak & Cheese
CHOOSE UP TO 2
Tossed Salad
Applesauce

15
CHOOSE 1
Chicken Patty on a Bun
Pierogies
or
Buffalo Chicken Wrap

CHOOSE UP TO 2
Green Beans
Diced Peaches

16 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

12 - 16 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:18.52Mg

19
CHOOSE 1
Cheeseburger on a Bun
Chicken Parmesan
on a Bun
Or
Shepherds Pie
CHOOSE UP TO 2
Seasoned Rice
Diced Peaches

"Dog Days of Winter"
CHOOSE 1
DogPound Pizza
Weiner Dog on a Bun.
BeagelBurger on a Bun

CHOOSE UP TO 2
"Fetch" Fries
Golden "Retriever" Corn
Bonus: Canine Crackers

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

22
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

23
CHOOSE 1
Domino's Cheese Pizza
Meatball Sub
or
Tuna Salad Wrap
CHOOSE UP TO 2
Peas & Carrots
Orange Wedges

19 - 23 Calories 700 Total Fat: 25.31% Iron: 4.84Mg Sat. Fat: 9.88 % Calcium: 501 Mg Protein: 28.84 G Vit A: 516 RE Vit C:14.43Mg

No School
March 26 - 30
Spring Vacation

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



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