

JANUARY 2019

Norwood Elementary Schools

Lunch Menu

Lunch Price \$2.50

| Offer Vs. Serve | Monday | Tuesday | Wednesday | Thursday | Friday | Nutrition Guidelines |
|---|---|--|---|---|--|--|
| <p>Students must take at least ½ cup of fruit or vegetables and two components of their choice.</p> <p>Students may decline any other component. Components are: Milk, Grains, Meat/Meat Alternate, Fruit, and vegetables.</p> <p>Choice of low-fat white or fat-free chocolate milk is offered each day.</p> | <p>31 NO SCHOOL</p> | <p>1 NO SCHOOL</p> | <p>2 NO SCHOOL</p> | <p>3 Grilled Cheese Sandwich Sweet Potato Fries Green Beans Diced Peaches</p> | <p>4 Pizza Broccoli Carrots Mandarin Oranges</p> | <p>- Students are encouraged to eat healthy and take sides. - All food is baked or steamed. - All grains served are whole grain rich. - Menus meet requirements for the National School Lunch Program as designed by the USDA and the Institute of Medicine.</p> |
| | <p>7 Cheeseburger Green Beans Broccoli Trees Fresh Apple</p> | <p>8 Fajita Chicken Taco Cheesy Refried Beans Corn Fresh Orange</p> | <p>9 Boneless Wings Biscuit Carrot Coins Celery Sticks Applesauce</p> | <p>10 Meatball Hoagie Garlic Breadstick Roasted Sweet Potatoes Lima Beans Grapes</p> | <p>11 Pizza Romaine Salad Roasted Squash Pineapple</p> | |
| <p>'Little Brave' deli sandwich option offered daily</p> | <p>14 Cheeseburger Curly Fries Grape Tomatoes Peaches</p> | <p>15 Cheesy Beef Taco Carrot Cucumber Slices Banana</p> | <p>16 Chicken Strips Biscuit Baked Beans Celery Sticks Apple</p> | <p>17 Brunch for Lunch Breakfast Egg & Cheese Frittata Sausage Tater Tots Mixed Veggies Diced Pears</p> | <p>18 NO SCHOOL</p> | <p>For questions or nutritional information about the lunch program or help concerning prepaid accounts or applications please contact Food Services at 513-924-2885.</p> |
| <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY.</p> | <p>21 NO SCHOOL</p> | <p>22 Baked Penne Garlic Bread Cucumber Slices Peas Grapes</p> | <p>23 Chicken Patty Sandwich Baked Beans Corn Banana</p> | <p>24 Grilled Cheese Sandwich Potato Wedges Celery Sticks Diced Peaches</p> | <p>25 Pizza Romaine Salad Carrot Sticks Mandarin Oranges</p> | |
| | <p>28 Cheeseburger Green Beans Broccoli Trees Fresh Apple</p> | <p>29 Fajita Chicken Taco Cheesy Refried Beans Corn Fresh Orange</p> | <p>30 Boneless Wings Biscuit Carrots Celery Sticks Applesauce</p> | <p>31 Meatball Hoagie Garlic Breadstick Roasted Swt. Potato Lima Beans Grapes</p> | <p>1 - FEB Pizza Romaine Salad Roasted Squash Pineapple</p> | <p>This institution is an equal opportunity provider.</p> |

