

FEBRUARY 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>'Little Brave' deli sandwich option offered daily</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY.</p>	<p>4</p> <p>Cheeseburger Curly Fries Grape Tomatoes Peaches</p>	<p>5</p> <p>Cheesy Beef Taco Cooked Carrots Cucumber Slices Banana</p>	<p>6</p> <p>Chicken Strips Garlic Bread Baked Beans Celery Sticks Apple</p>	<p>7</p> <p><i>Brunch for Lunch</i> Breakfast Egg & Cheese Frittata Sausage Patty Tater Tots Mixed Veggies Diced Pears</p>	<p>8</p> <p>Pizza Broccoli Trees Romaine Salad Mandarin Oranges</p>	<p>Nutrition Guidelines</p> <ul style="list-style-type: none"> - 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>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>This institution is an equal opportunity provider.</p>
	<p>11</p> <p>Chili Cheese Coney Carrot sticks Steamed Broccoli Pineapple</p>	<p>12</p> <p>Baked Penne Garlic Bread Cucumber Slices Peas Grapes</p>	<p>13</p> <p>Chicken Patty Sandwich Baked Beans Corn Banana</p>	<p>14</p> <p>Grilled Cheese Sandwich Potato Wedges Celery Sticks Diced Peaches</p>	<p>15</p> <p>NO SCHOOL</p>	
	<p>18</p> <p>NO SCHOOL</p>	<p>19</p> <p>Fajita Chicken Taco Cheesy Refried Beans Corn Fresh Orange</p>	<p>20</p> <p>Boneless Wings Biscuit Cooked Carrots Celery Sticks Applesauce</p>	<p>21</p> <p>Meatball Hoagie Garlic Breadstick Roasted Swt. Potato Lima Beans Grapes</p>	<p>22</p> <p>Pizza Romaine Salad Roasted Squash Pineapple</p>	
	<p>25</p> <p>Cheeseburger Curly Fries Grape Tomatoes Peaches</p>	<p>26</p> <p>Cheesy Beef Taco Cooked Carrots Cucumber Slices Banana</p>	<p>27</p> <p>Chicken Strips Garlic Bread Baked Beans Celery Sticks Apple</p>	<p>28</p> <p><i>Brunch for Lunch</i> Breakfast Egg & Cheese Frittata Sausage Patty Tater Tots Mixed Veggies Diced Pears</p>	<p>1 – MAR</p> <p>Pizza Broccoli Trees Romaine Salad Mandarin Oranges</p>	