

# December 2016

## 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><b>28</b> Meatball Hoagie Green Beans Diced Pineapple Juice Cup</p>	<p><b>29</b> Chicken Patty Baked Beans Mixed Veggies Mandarin Oranges</p>	<p><b>30</b> Grilled Cheese Sliced Tomatoes Celery Sticks Apples</p>	<p><b>1</b> Sloppy Joe Potato Wedges Cauliflower Trees With Ranch Grapes</p>	<p><b>2</b> Pizza Slice Steamed Broccoli Cucumber Slices Diced Pears</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><b>5</b> Brunch for Lunch Pancakes w/Syrup Turkey Sausage Scrambled Egg Patty Tater Tots Grape Tomatoes Mandarin Oranges</p>	<p><b>6</b> Mac &amp; Cheese Breadstick Broccoli Trees with Ranch Veggie Medley Grapes</p>	<p><b>7</b> Chicken Strips Buttermilk Biscuit Sweet Cooked Carrots Green Beans Peaches</p>	<p><b>8</b> Chili Cheese Coney OR Turkey Hot Dog Baked Beans Garden Salad Apples</p>	<p><b>9</b> Cheese Pizza Roasted Zucchini Corn on the Cob Diced Pears</p>	
	<p><b>12</b> Cheeseburger Sweet Potato Fries Peas Applesauce</p>	<p><b>13</b> Beef Taco w/Cheese Refried Beans Mixed Vegetables Banana</p>	<p><b>14</b> Norwood City BBQ Cucumber Slices Corn Cinnamon Apples</p>	<p><b>15</b> Mini Pizzas Broccoli Trees Carrots Oranges</p>	<p><b>16</b> Grilled Cheese Sliced Tomatoes Celery Sticks Grapes</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><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY.</b></p>	<p><b>19</b> Meatball Hoagie Green Beans Diced Pineapple Juice Cup</p>	<p><b>20</b> Chicken Patty Baked Beans Roasted Cauliflower Mandarin Oranges</p>	<p><b>21</b> Cheese Pizza Carrots Corn on the Cob Diced Pears</p>	<p><b>22</b> Schools Closed</p>	<p><b>23</b> Schools Closed</p>	<p>This institution is an equal opportunity provider.</p>

