

# JANUARY

## Norwood High School and Middle School

### Lunch Menu

Lunch Price \$2.75

| 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>MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY.</b></p> | <p>31<br/><b>NO SCHOOL</b></p>  | <p>1<br/><b>NO SCHOOL</b></p>   | <p>2<br/><b>NO SCHOOL</b></p>   | <p>3<br/>Brunch for Lunch<br/>Breakfast Frittata<br/>Oven Roasted Potatoes<br/>Pasta Bar<br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>       | <p>4<br/>Pizza<br/>Roasted Veggies<br/>Burrito Bar<br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>       | <p><u>Nutrition Guidelines</u></p> <ul style="list-style-type: none"> <li>- Students are encouraged to eat healthy and take sides.</li> <li>- All food is baked or steamed.</li> <li>- All grains served are whole grain rich.</li> <li>- Menus meet requirements for the National School Lunch Program as designed by the USDA and the Institute of Medicine.</li> </ul> <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>7<br/>Cincinnati Cheese Coney<br/>Burrito Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>        | <p>8<br/>Baked Penne with Garlic Bread<br/>Burrito Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>  | <p>9<br/>Chicken Patty<br/>Burrito Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>                      | <p>10<br/>BBQ Chicken Drumsticks with Buttermilk Biscuits<br/>Pasta Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>                   | <p>11<br/>Pizza<br/>Roasted Veggies<br/>Burrito Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p> |   |
|   | <p>14<br/>Cheeseburger with Curly Fries<br/>Burrito Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p> | <p>15<br/>Chicken Mac with Breadstick<br/>Burrito Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>   | <p>16<br/>Boneless Wings with Biscuit<br/>Burrito Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>       | <p>17<br/>Turkey Pot Pie with Mashed Potatoes and Biscuits<br/>Pasta Bar<br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>                       | <p>18<br/><b>NO SCHOOL</b></p>  |   |
|   | <p>21<br/><b>NO SCHOOL</b></p>  | <p>22<br/>Cheeseburger with Curly Fries<br/>Burrito Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p> | <p>23<br/>Meatball Hoagie with Garlic Bread<br/>Burrito Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p> | <p>24<br/>Brunch for Lunch<br/>Breakfast Frittata<br/>Oven Roasted Potatoes<br/><br/>Pasta Bar<br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p> | <p>25<br/>Pizza<br/>Roasted Veggies<br/>Burrito Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p> |   |
|   | <p>28<br/>Cincinnati Cheese Coney<br/>Burrito Bar<br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>            | <p>29<br/>Baked Penne with Garlic Bread<br/>Burrito Bar<br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>      | <p>30<br/>Chicken Patty<br/>Burrito Bar<br/><br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>                     | <p>31<br/>BBQ Chicken Drumsticks with Buttermilk Biscuits<br/>Pasta Bar<br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>                        | <p>FEB-1<br/>Pizza<br/>Roasted Veggies<br/>Burrito Bar<br/>Fruit &amp; Veggie Bar<br/>Sandwiches &amp; Salads</p>   |   |

