


January 2017

Norwood Elementary Schools

Lunch Menu

Lunch Price \$2.50

<u>Offer Vs. Serve</u>	Monday	Tuesday	Wednesday	Thursday	Friday	<u>Nutrition Guidelines</u>
<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>2 Schools Closed</p>	<p>3 Spaghetti Bake Broccoli Trees with Ranch Colorful Veggie Blend Grapes</p>	<p>4 Chicken Strips Buttermilk Biscuit Sweet Cooked Carrots Green Beans Peaches</p>	<p>5 Chili Cheese Coney <i>OR</i> Turkey Hot Dog Baked Beans Garden Salad Apples</p>	<p>6 Cheese Pizza Roasted Zucchini Corn on the Cob 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>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>9 Cheeseburger Sweet Potato Fries Peas Applesauce</p>	<p>10 Mini Pizzas Broccoli Trees Carrots Oranges</p>	<p>11 Mac & Cheese Breadstick Cucumber Slices Mixed Vegetables Cinnamon Apples</p>	<p>12 Chicken Taco w/Cheese Refried Beans Corn Banana</p>	<p>13 Grilled Cheese Sliced Tomatoes Celery Sticks Grapes</p>	
	<p>16 Schools Closed</p>  <p>Martin Luther King, Jr. Day</p>	<p>17 Chicken Patty Baked Beans Grape Tomatoes Mandarin Oranges</p>	<p>18 Meatball Hoagie Sweet Cooked Carrots Green Beans Diced Pineapple Juice Cup</p>	<p>19 Sloppy Joe Potato Wedges Cauliflower Trees With Ranch Grapes</p>	<p>20 Pizza Slice Steamed Broccoli Cucumber Slices Diced Pears</p>	
	<p>23 Brunch for Lunch Pancakes w/Syrup Turkey Sausage Scrambled Egg Patty Tater Tots Grape Tomatoes Mandarin Oranges</p>	<p>24 Mac & Cheese Breadstick Broccoli Trees with Ranch Veggie Medley Grapes</p>	<p>25 Chicken Strips Buttermilk Biscuit Sweet Cooked Carrots Green Beans Peaches</p>	<p>26 Chili Cheese Coney <i>OR</i> Turkey Hot Dog Baked Beans Garden Salad Apples</p>	<p>27 Cheese Pizza Roasted Zucchini Corn on the Cob Diced Pears</p>	