


January 2017

Norwood High School and Middle School

Lunch Menu

Lunch Price \$ 2.75

<u>DAILY SELECTIONS</u>	Monday	Tuesday	Wednesday	Thursday	Friday	<u>Nutrition Guidelines</u>
<p><u>Fruit & Veggie Bar</u> Loaded with an assortment of fresh and canned fruits and fresh vegetables. Roasted veggie bar offered daily.</p> <p><u>Burrito Bar</u> Chicken fajita, taco beef, shredded cheese, black beans, refried beans, cilantro brown rice, soft whole grain tortilla.</p> <p><u>Condiment Bar</u> Fresh Pico de Gallo Fresh Corn Salad Sliced & Diced Tomatoes Olives Jalapenos Banana Peppers Onions Homemade Hot Sauce Sour Cream Pickles Dressing</p>	<p>2 Schools Closed</p>	<p>3 Taco Mac w/Breadstick <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>4 BBQ Chicken Drumsticks w/Buttermilk Biscuits & Curly Fries <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>5 Chili Cheese Coney <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>6 Pizza <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>- At least ½ cup of fruit or vegetables must be taken to complete the meal. - 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 <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>10 Mini Pizzas <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>11 Spaghetti Bake w/Garlic Breadstick <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>12 Hot and Spicy Chicken Patty <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>13 Turkey Pot Pie w/Mashed Potatoes & Gravy <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	
	<p>16 Schools Closed  Martin Luther King, Jr. Day</p>	<p>17 Chicken Patty <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>18 Grilled Cheese & Tomato Soup <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>19 Sloppy Joe & Tater Tots <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>20 Pizza <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	
	<p>23 Texas Style Chili w/Breadsticks <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>24 Chicken Mac w/Breadstick <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>25 BBQ Chicken Drumsticks w/Buttermilk Biscuits & Curly Fries <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>26 Chili Cheese Coney <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	<p>27 Pizza <i>Burrito Bar</i> <i>Deli Sandwiches & Salads</i></p>	

MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY.