

MARCH 2019

Norwood High School and Middle School

Lunch Menu

Lunch Price \$2.75

<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>4 Taco Mac with Breadstick <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>5 Cheeseburger with Curly Fries <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>6 Meatball Hoagie with Garlic Bread <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>7 Brunch for Lunch Breakfast Frittata Oven Roasted Potatoes <i>Pasta Bar</i> <i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>8 Pizza Roasted Veggies <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>- Students are encouraged to eat healthy and take sides.</p> <p>- All food is baked or steamed.</p> <p>- All grains served are whole grain rich.</p> <p>- 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>11 Cincinnati Cheese Coney <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>12 Baked Penne with Garlic Bread <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>13 Chicken Patty <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>14 BBQ Chicken Drumsticks with Buttermilk Biscuits <i>Pasta Bar</i> <i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>15 Pizza Roasted Veggies <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	
	<p>18 Cheeseburger with Curly Fries <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>19 Chicken Mac with Breadstick <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>20 Boneless Wings with Soft Pretzel <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>21 Turkey Pot Pie with Mashed Potatoes and Biscuits <i>Pasta Bar</i> <i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	<p>22 Pizza Roasted Veggies <i>Burrito Bar</i></p> <p><i>Fruit & Veggie Bar</i> <i>Sandwiches & Salads</i></p>	
	<p>25 SPRING BREAK NO SCHOOL</p>	<p>26 SPRING BREAK NO SCHOOL</p>	<p>27 SPRING BREAK NO SCHOOL</p>	<p>28 SPRING BREAK NO SCHOOL</p>	<p>29 SPRING BREAK NO SCHOOL</p>	