

September 2019

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>2</p> <p>Schools Closed Labor Day</p>	<p>3</p> <p>Fajita Chicken Taco Cheesy Refried Beans Corn Fresh Orange</p>	<p>4</p> <p>Boneless Wings Biscuit Roasted Vegetables Celery Sticks Applesauce</p>	<p>5</p> <p>Meatball Hoagie Garlic Breadstick Potatoes Lima Beans Grapes</p>	<p>6</p> <p>Pizza Romaine Salad Roasted Vegetables Pineapple</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>9</p> <p>Cheeseburger Curly Fries Grape Tomatoes Peaches</p>	<p>10</p> <p>Cheesy Beef Taco Roasted Vegetables Cucumber Slices Banana</p>	<p>11</p> <p>Chicken Strips Pretzel Roll Baked Beans Celery Sticks Apple</p>	<p>12</p> <p>Brunch for Lunch Scrambled Eggs Tater Tots Roasted Veggies Diced Pears</p>	<p>13</p> <p>Pizza Broccoli Trees Roasted Vegetables Pears</p>	
	<p>16</p> <p>Chili Cheese Coney Carrots Broccoli Pineapple</p>	<p>17</p> <p>Fajita Chicken Taco Cucumber Slices Tomato Wedges Grapes</p>	<p>18</p> <p>Chicken Patty Sandwich Baked Beans Roasted Vegetables Banana</p>	<p>19</p> <p>Grilled Cheese Sandwich Sliced Tomatoes Celery Sticks Diced Peaches</p>	<p>20</p> <p>Pizza Romaine Salad Carrot Sticks Mandarin Oranges</p>	
	<p>23</p> <p>Cheeseburger Green Beans Broccoli Trees Fresh Apple</p>	<p>24</p> <p>Cheesy Beef Taco Cheesy Refried Beans Roasted Vegetables Fresh Orange</p>	<p>25</p> <p>Boneless Wings Biscuit Roasted Vegetables Celery Sticks Applesauce</p>	<p>26</p> <p>Meatball Hoagie Potatoes Lima Beans Grapes</p>	<p>27</p> <p>Pizza Romaine Salad Roasted Squash Pineapple</p>	

MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY.

This institution is an equal opportunity provider.