

# September 2019

## Norwood High School and Middle School

### Lunch Menu

Lunch Price \$ 2.75

<u>DAILY SELECTIONS</u>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<u>Nutrition Guidelines</u>
<p><u>Fruit &amp; 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 &amp; Diced Tomatoes Olives Jalapenos Banana Peppers Onions Homemade Hot Sauce Sour Cream Pickles Dressing</p>	<p><b>2</b> Schools Closed Labor Day</p>	<p><b>3</b> Chicken Mac with Breadstick</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>4</b> Boneless Wings with Soft Pretzel</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>5</b> Turkey Pot Pie with Mashed Potatoes and Biscuits</p> <p><i>Pasta Bar</i> <i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>6</b> Pizza Roasted Veggies</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; 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><b>9</b> Taco Mac with Breadstick</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>10</b> Cheeseburger with Curley Fries</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>11</b> Pulled Pork Slider</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>12</b> Brunch for Lunch Breakfast Frittata Oven Roasted Potatoes</p> <p><i>Pasta Bar</i> <i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>13</b> Pizza Roasted Veggies</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	
	<p><b>16</b> Cincinnati Cheese Coney</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>17</b> Baked Penne with Garlic Bread</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>18</b> Chicken Patty</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>19</b> BBQ Chicken with Buttermilk Biscuits</p> <p><i>Pasta Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>20</b> Pizza Roasted Veggies</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	
<p><b>23</b> Cheeseburger with Curley Fries</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>24</b> Chicken Mac with Breadstick</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>25</b> Boneless Wings with Soft Pretzel</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>26</b> Turkey Pot Pie with Mashed Potatoes and Biscuits</p> <p><i>Pasta Bar</i> <i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>	<p><b>27</b> Pizza Roasted Veggies</p> <p><i>Burrito Bar</i></p> <p><i>Fruit &amp; Veggie Bar Sandwiches &amp; Salads</i></p>		

**MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY.**