

FEBRUARY 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 style="text-align: center;">4</p> <p style="text-align: center;">Cheeseburger with Curly Fries <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Chicken Mac with Breadstick <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Boneless Wings with Soft Pretzel <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Turkey Pot Pie with Mashed Potatoes and Biscuits <i>Pasta Bar</i> <i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Pizza Roasted Veggies <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar 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>- Menu meet requirements for the National School Lunch Program as designed by the USDA and the Institute of Medicine.</p>
<p>‘Little Brave’ deli sandwich option offered daily</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">Taco Mac with Breadstick <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Cheeseburger with Curly Fries <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">13</p> <p style="text-align: center;">Meatball Hoagie with Garlic Bread <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">14</p> <p style="text-align: center;">Brunch for Lunch Breakfast Frittata Oven Roasted Potatoes <i>Pasta Bar Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="font-size: 2em;">NO SCHOOL</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>MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY.</p>	<p style="text-align: center;">18</p> <p style="text-align: center; font-size: 2em;">NO SCHOOL</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Baked Penne with Garlic Bread <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Chicken Patty <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">21</p> <p style="text-align: center;">BBQ Chicken Drumsticks with Buttermilk Biscuits <i>Pasta Bar</i> <i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Pizza Roasted Veggies <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	
	<p style="text-align: center;">25</p> <p style="text-align: center;">Cheeseburger with Curly Fries <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Chicken Mac with Breadstick <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Boneless Wings with Soft Pretzel <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">28</p> <p style="text-align: center;">Turkey Pot Pie with Mashed Potatoes and Biscuits <i>Pasta Bar</i> <i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	<p style="text-align: center;">MAR-1</p> <p style="text-align: center;">Pizza Roasted Veggies <i>Burrito Bar</i></p> <p style="text-align: center;"><i>Fruit & Veggie Bar Sandwiches & Salads</i></p>	