

Norwood Elementary Schools 2009–2010 Lunch Menu

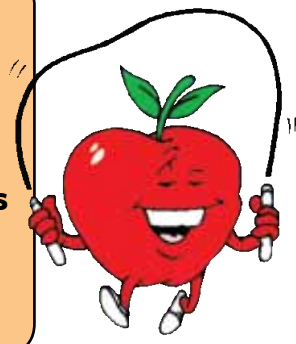
MENU #1 MONDAY Chicken Nuggets Whipped Potatoes/Gravy Buttered Dinner Roll Hawaiian Pineapple Chunks Ice Cold Milk	TUESDAY Walking Taco Beef/Cheese/Fritos Hot Kernel Corn Frozen Sherbet Cup Ice Cold Milk	WEDNESDAY Mini Corn Dogs Sizzling French Fries Animal Crackers Seasonal Fresh Fruit Ice Cold Milk	THURSDAY Cheeseburger on Bun Assorted Fresh Veggies Ranch Dip Pears & Cherries Ice Cold Milk	FRIDAY Pepperoni Pizza Garden Salad Choice of Dressings Applesauce Ice Cold Milk															
					MENU #2 MONDAY Nachos Beef/Cheese/Chips Steamed Corn Fresh Apple Slices Ice Cold Milk	TUESDAY Oscar Meyer Hot Dog/Bun Tator Tots Cinnamon Teddy Grahams Juicy Fruit Cocktail Ice Cold Milk	WEDNESDAY Grilled Hamburger on Bun Steamed Broccoli Cheddar Cheese Sauce Georgia Peaches Ice Cold Milk	THURSDAY Pasta with Meat Sauce Toss Salad/Dressing Warm Bread Stick Frosted Cake/Assorted Fruit Ice Cold Milk	FRIDAY Bite Size Popcorn Chicken Creamy Mashed Potatoes Chicken Gravy Mandarin Oranges/Pineapple Ice Cold Milk										
										MENU #3 MONDAY Plump Corn Dog Oven Baked Fries Gold Fish Crackers Chilled Applesauce Ice Cold Milk	TUESDAY Extra Cheesy Pizza California Blend Vegetables Pretzel Rod Seasonal Fresh Fruit Ice Cold Milk	WEDNESDAY Crispy Chicken Tenders Fluffy Buttered Rice Tiny Green Peas Mandarin Oranges Ice Cold Milk	THURSDAY French Toast Sticks Sausage Links or Patty Hash Brown 100% Fruit Juice Ice Cold Milk	FRIDAY Cheeseburger on Bun Curly Fries Frosted Graham Crackers Banana Half Ice Cold Milk					
															MENU #4 MONDAY Chicken Nuggets Mashed Potatoes/Gravy Buttered Wheat Roll Juicy Pineapple Ice Cold Milk	TUESDAY Hot Dog on Bun Fresh Veggies/Dip Baked Chips Seasonal Fresh Fruit Ice Cold Milk	WEDNESDAY Broiled Hamburger On Bun Crispy Fries Fudge Brownie Chilled Pears Ice Cold Milk	THURSDAY Macaroni & Cheese Tender Green Beans Buttered Dinner Roll Jello with Fruit Ice Cold Milk	FRIDAY Festive Mexican Taco Beef/Cheese/Shell Seasoned Corn Georgia Peaches Ice Cold Milk

PRICES

\$1.90
Extra Milk \$.50

Other Daily Lunch Choices

- Chef Salad
- Yogurt Fun Tray
- PB&J



• **Offer vs Serve** Under the Federal USDA regulation, students are offered all 5 of the food components. Students are encouraged to take all 5, but they only need to take 3 out of the 5. This allows freedom of choice and reduces waste.

• **Food and Nutrition Services** (513) 924-2885

• **Online Pre-Pay** You can access the new online payment system by visiting our District website at www.norwoodschoools.org. Choose the MyNutriKids.com logo to be transferred to the payment site.

• **Parent Handbook**, is available online. A resource for parents with questions about the School Lunch Program

• **Free & Reduced Applications** can be completed and submitted online or a paper application is available at the schools.

• Need some part time work while your kids are in school? Call (513) 924-2885

Follow the menu with its calendar day. Each week is represented by a color and represents a 5-week cycle menu.

AUGUST 2009	SEPTEMBER 2009	OCTOBER 2009	NOVEMBER 2009	DECEMBER 2009	JANUARY 2010	FEBRUARY 2010	MARCH 2010	APRIL 2010	MAY 2010
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2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13	7 8 9 10 11 12 13	4 5 6 7 8 9 10	2 3 4 5 6 7 8
9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20	14 15 16 17 18 19 20	11 12 13 14 15 16 17	9 10 11 12 13 14 15
16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 26 27	21 22 23 24 25 26 27	18 19 20 21 22 23 24	16 17 18 19 20 21 22
23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31	29 30	27 28 29 30 31	24 25 26 27 28 29 30	28	28 29 30 31	25 26 27 28 29 30	23 24 25 26 27 28 29
30 31					31				30 31