




NOVEMBER

NORWOOD ALL SCHOOLS



LUNCH PRICE: FREE TO ALL STUDENTS

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Students must take at least ½ cup of fruit or vegetables with their meal.</p> <p>Meal Components are: Milk, Grains, Meat/Meat Alternate, Fruit, and vegetables.</p> <p>Choice of low-fat white or fat-free milk or water is offered each day.</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY.</p>	<p>2</p> <p>Hot Dog Baked beans Fruit Milk or Water</p>	<p>3</p> <p>ELECTION DAY No School</p>	<p>4</p> <p>NO IN PERSON SCHOOL</p>	<p>5</p> <p>Hot Dog Baked beans Fruit Milk or Water</p>	<p>6</p> <p>Pizza Roasted Veggies Fruit Milk or Water</p>	<p>Nutrition Guidelines</p> <ul style="list-style-type: none"> - 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>ADULT MEALS: \$3.25</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>9</p> <p>Pulled Pork Sandwich Roasted Vegetables Fruit Milk or Water</p>	<p>10</p> <p>Baked Pasta with Marinara Sauce Bread Stick Roasted Veggies Fruit Milk or Water</p>	<p>11</p> <p>VETERANS DAY No School</p>	<p>12</p> <p>Pulled Pork Sandwich Roasted Vegetables Fruit Milk or Water</p>	<p>13</p> <p>Baked Pasta with Marinara Sauce Bread Stick Roasted Veggies Fruit Milk or Water</p>	
	<p>16</p> <p>Hamburger Roasted Potatoes Fruit Milk or Water</p>	<p>17</p> <p>THANKSGIVING MEAL</p> 	<p>18</p> <p>NO IN PERSON SCHOOL</p>	<p>19</p> <p>THANKSGIVING MEAL</p> 	<p>20</p> <p>Hamburger Roasted Potatoes Fruit Milk or Water</p>	
	<p>23</p> <p>Meatball Hoagie Roasted Veggies Fruit Milk or Water</p>	<p>24</p> <p>Chicken Strips Bread Stick Roasted Vegetables Fruit Milk or Water</p>	<p>25</p>	<p>26</p>	<p>27</p>	
			<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>HAPPY THANKSGIVING!</p> <p>No School</p> </div>			