



Oakwood & River Valley Elementary Schools: DECEMBER 2016 Lunch MENU

A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. See back of menu for this month's featured selections. We also offer at least one hot vegetable daily on our serving line. Milk choices include 1% white and skim chocolate.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Home Style Beef & Bean Chili Toasty Grilled Cheese	2 Bosco Sticks w/ Marinara Sauce Turkey Hot Dog w/ Tater Tots
5 Cheeseburger Toasty Grilled Cheese	6 Spaghetti W/ Italian Meat Sauce Italian Baked Pasta Bowl	7 Cheese Pizza B.B.Q Chicken Sandwich	8 Turkey Macho Nachos Toasty Grilled Cheese/or Hot Ham & Cheese	9 Bosco Sticks w. Marinara Sauce Turkey Hot Dog w/ Tater Tots
12 Breaded Chicken Patty Sandwich Toasty Grilled Cheese	13 B.B.Q. Rib Sandwich Macaroni & Cheese Bowl	14 Cheese Pizza Hot Ham & Cheese Sandwich	15 Turkey Macho Nachos Toasty Grilled Cheese	16 Bosco Sticks w/ Marinara Sauce Turkey Hot Dog w/ Tater Tots
19 BBQ Chicken Sandwich Macaroni & Cheese	20 Chicken & Cheese Quesadilla Cheeseburger	21 Chicken Nuggets Toasty Grilled Cheese	22 Bosco Sticks w/ Marina Sauce Turkey Hot Dog w/ Tater Tots	23 No School Lunch
26 HOLIDAY	27 HOLIDAY	28 HOLIDAY	29 HOLIDAY	30 HOLIDAY
<i>Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):</i>				
<i>Mondays</i> *WG Cereal w/Yogurt & String Cheese	<i>Tuesdays</i> *Bagel w/ String Cheese & Yogurt Fun Lunch	<i>Wednesdays</i> Deli Turkey & Cheese Sandwich	<i>Thursdays</i> *Sun Butter & Jelly on Whole Grain Bread	<i>Fridays</i> Turkey & Cheese Wrap



School Foodservice Information

Price: \$2.75 paid, \$.40 reduced, free (if qualified)
No advance registration necessary! All students are welcome every day!

*VEGETARIAN #NEW MENU ITEM

TO MAKE AN ONLINE LUNCH PAYMENT. GO TO www.myschoolbucks.com TO SET UP AN ACCOUNT

Questions or comments?
Please call Laurel Hanson at 630-257-2286 Ext. 4141

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

USDA is an equal opportunity employer and provider.

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

"Get your plate in shape" by choosing a complete meal: It's as easy as 1-2-3!

- 1. Start with fruits and vegetables (local when possible)**
- 2. Add some whole grains**
- 3. Finish with lean protein and low fat dairy**

To learn more about Chartwells go to www.EatLearnLive.com



FOOD FOCUS: Garden Vegetables! Garden vegetables are fun to eat and grow.

They include string beans, leafy greens, tomatoes, squash (summer and winter varieties), cucumbers, and potatoes (white and sweet).

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1				
			100% Fruit Juice	Fresh Whole Fruit
			Chilled Peaches	Chilled Pears Cocktail
			Dark Green Tossed Salad	Dark Green Tossed Salad
			Fresh Chilled Vegetables	Fresh Chilled Vegetables
WEEK 2				
100% Fresh Fruit Juice	Fresh Fruit in Season	Fresh Fruit in Season	100% Fruit Juice	Fresh Fruit in Season
Chilled Pears	Assorted Chilled Fruit	Chilled Pears	Chilled Peaches	Chilled Fruit Cocktail
Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad
Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables
WEEK 3				
Fresh Whole Fruit	100% Fruit Juice	Fresh Fruit in Season	100% Fruit Juice	Fresh Fruit in Season
Chilled Pears	Chilled Fruit Cocktail	Chilled Apple Slices	Chilled Fruit Cocktail	Chilled Pears
Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad
Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables
WEEK 4				
100% Fruit Juice	Fresh Fruit in Season	Fresh Fruit in Season	100% Fruit Juice	
Chilled Fruit Cocktail	Chilled Pears	Chilled Peaches	Chilled Applesauce	NO SCHOOL LUNCH
Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad	
Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	
WEEK 5				
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY

Elementary School