



FOOD FOCUS: Welcome Back Students & Staff!!

Old Quarry Middle School: 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 Hot Ham & Cheese Sandwich Cheese Pizza Supreme Pizza Salad Bar	2 Bosco Sticks w/ Mariana Sauce Turkey Hot Dog w/ Tater Tots Cheese Pizza Pepperoni Pizza Salad Bar
5 Home-Style Meat Loaf/ Mashed Potatoes Toasty Grilled Cheese Cheese Pizza Pepperoni Pizza Salad Bar	6 Spaghetti W/ Meat Sauce Italian Baked Pasta Bowl Cheese Pizza Sausage Pizza Salad Bar	7 Popcorn Chicken w/ Brown Rice Hot Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	8 Turkey Macho Nachos Toasty Grilled Cheese Cheese Pizza Supreme Pizza Salad Bar	9 Bosco Sticks w/ Mariana Sauce Turkey Hot Dog w/ Tater Tots Cheese Pizza Pepperoni Pizza Salad Bar
12 Chicken Parmesan Toasty Grilled Cheese Cheese Pizza Pepperoni Pizza Salad Bar	13 B.B. Rib Sandwich Mac & Cheese Bowl Cheese Pizza Sausage Pizza Salad Bar	14 Chicken Fajitas Hot Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	15 Turkey Macho Nachos Toasty Grilled Cheese Cheese Pizza Supreme Pizza Salad Bar	16 Bosco Sticks w/ Mariana Sauce Turkey Hot Dogs Tater Tots Pepperoni Pizza Salad Bar
19 BBQ Chicken Sandwich Mac & Cheese Bowl Cheese Pizza Pepperoni Pizza Salad Bar	20 Chicken & Cheese Quesadilla Beef Tacos Cheese Pizza Sausage Pizza Salad Bar	21 Chicken Nuggets/ Mashed Potatoes Toasty Grilled Cheese Cheese Pizza Pepperoni Pizza Salad Bar	22 Bosco Sticks w/ Marina Sauce Turkey Dogs Tater Tots Supreme Pizza Salad Bar	23 NO SCHOOL LUNCH
26 HOLIDAY	27 HOLIDAY	28 HOLIDAY	29 HOLIDAY	30 HOLIDAY
<p><i>Entrees Offered Daily (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):</i></p> <p>Cheese Pizza, Cheeseburger, Breaded Chicken Patty and Caesar Salad, Turkey & Cheese Wrap</p>				



School Foodservice Information

SCHOOL MENUS

- View helpful nutrition and allergen info
- Download our FREE mobile app!
- Print your menus

GET YOUR SCHOOL'S MENU

powered by nutrislice

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

"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				
			Fresh Fruit In Season	Fresh Fruit In Season
			Chilled Peaches	Chilled Fruit Cocktail
			Dark Green Tossed Salad	Dark Green Tossed Salad
			Fresh Veggies	Fresh Veggies
Week 2				
Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season
Chilled Peaches	Chilled Apple Sauce	Chilled Fruit Cocktail	Chilled Pears	Chilled Fruit Cocktail
Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad
Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
Week 3				
Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season
Chilled Peaches	Chilled Fruit Cocktail	Chilled Apple Sauce	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 Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
Week 4				
Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit in Season	
Chilled Apple Slices	Chilled Pears	Chilled Apple Sauce	Chilled Fruit Cocktail	
Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad	No School Lunch
Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	
Week 5				
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY

Middle School