



FOOD FOCUS: Welcome Back Students & Staff!!

Oakwood & River Valley Elementary Schools: **January** 2017 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
2 Winter Break	3 Winter Break	4 Winter Break	5 Winter Break	6 Winter Break
9 Winter Break	10 Mini Waffles w/ Pork Sausage Patty Hot Ham & Cheese Sandwich	11 Chicken Nuggets w/ Mashed Potatoes Toasty Grilled Cheese	12 Chicken Parmesan w/Pasta Pizza Burger	13 Bosco Sticks w/ Marinara Sauce Turkey Hot Dog w/ Tater Tots
16 Holiday	17 Meatballs in Marinara w/ Pasta Italian Meatball Sub	18 Cheeseburger Toasty Grilled Cheese	19 French Toast Sticks w/ Pork Sausage Patty Hot Ham & Cheese Sandwich	20 Bosco Sticks w/ Marinara Sauce Turkey Hot Dog w/ Tater Tots
23 BBQ Rib Sandwich Macaroni & Cheese	24 Spaghetti w/ Meat Sauce Italian Baked Pasta Bowl	25 Cheese Pizza Hot Ham & Cheese Sandwich	26 Crispy Chicken Patty Sandwich Toasty Grilled Cheese	27 Bosco Sticks w/ Marinara Sauce Turkey Hot Dog w/ Tater Tots
30 Sweet & Sour Chicken w/ Asian Rice Hot Ham & Cheese Sandwich	31 Chicken & Cheese Quesadilla Cheeseburger			
<i>Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):</i>				
<b>Mondays</b> *WG Cereal w/Yogurt & String Cheese	<b>Tuesdays</b> *Bagel w/ String Cheese & Yogurt Fun Lunch	<b>Wednesdays</b> Deli Turkey & Cheese Sandwich	<b>Thursdays</b> *Sun Butter & Jelly on Whole Grain Bread	<b>Fridays</b> Turkey & Cheese Wrap



SCHOOL MENUS

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

GET YOUR SCHOOL'S MENU

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](http://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](http://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
<b>WEEK 1</b>				
<b>WINTER BREAK</b>	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>
<b>WEEK 2</b>				
<b>WINTER BREAK</b>	Fresh Fruit in Season	Fresh Fruit in Season	100% Fruit Juice	Fresh Fruit in Season
	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
	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables
<b>WEEK 3</b>				
<b>HOLIDAY</b>	Fresh Fruit in Season	100% Fruit Juice	Fresh Fruit in Season	Fresh Fruit in Season
	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
	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables
<b>WEEK 4</b>				
100% Fruit Juice	Fresh Fruit in Season	Fresh Fruit in Season	100% Fruit Juice	Fresh Fruit in Season
Chilled Fruit Cocktail	Chilled Pears	Chilled Peaches	Chilled Applesauce	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
<b>WEEK 5</b>				
100% Fruit Juice	Fresh Fruit in Season			
Chilled Applesauce	Chilled Strawberries			
Dark Green Tossed Salad	Dark Green Tossed Salad			
Fresh Chilled Vegetables	Fresh Chilled Vegetables			

Elementary School