



FOOD FOCUS: Welcome Back Students & Staff!!

Old Quarry Middle School: **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 BBQ Chicken w/ Potato Wedges Cheese Pizza Sausage Pizza Salad Bar	11 Chicken Nuggets w/ Mashed Potato Toasty Grilled Cheese Cheese Pizza Pepperoni Pizza Salad Bar	12 Chicken Parmesan w/ Pasta Pizza Burger Cheese Pizza Supreme Pizza Salad Bar	13 Bosco Sticks w/ Mariana Sauce Turkey Hot Dog w/ Roasted Potatoes Cheese Pizza Pepperoni Pizza Salad Bar
16 HOLIDAY	17 Meatballs in Zesty Marinara Italian Meatball Sub Cheese Pizza Sausage Pizza Salad Bar	18 Homemade Meatloaf w/ Mashed Potatoes Toasty Grilled Cheese Cheese Pizza Pepperoni Pizza Salad Bar	19 French Toast Sticks w/ Sausage Patty Scrambled Cheesy Eggs w/ Ham Cheese Pizza Supreme Pizza Salad Bar	20 Bosco Sticks w/ Mariana Sauce Turkey Hot Dogs w/Roasted Potatoes Cheese Pizza Pepperoni Pizza Salad Bar
23 BBQ Rib Sandwich Mac & Cheese Bowl Cheese Pizza Pepperoni Pizza Salad Bar	24 Spaghetti w/ Italian Meat Sauce Italian Baked Pasta Bowl Cheese Pizza Sausage Pizza Salad Bar	25 Chicken Fajitas w/ Rice & Beans Hot Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	26 Chicken Parmesan w/ Pasta Toasty Grilled Cheese Tater Tots Supreme Pizza Salad Bar	27 Bosco Sticks w/ Mariana Sauce Turkey Hot Dogs w/Roasted Potatoes Cheese Pizza Pepperoni Pizza Salad Bar
30 Sweet & Sour Chicken w/ Asian Rice Hot Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	31 Chicken & Cheese Quesadilla w/ Rice Beef Tacos w/ Tortilla Chips Cheese Pizza Sausage Pizza Salad Bar		29	30
Entrees Offered Daily (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):				
Cheese Pizza, Cheeseburger, Breaded Chicken Patty and Caesar Salad, 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 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				
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
Week 2				
Winter Break	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season
	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
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
Week 3				
Holiday	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season
	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
	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	Fresh Fruit in Season
Chilled Apple Slices	Chilled Pears	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	
Week 5				
Fresh Fruit In Season	Fresh Fruit In Season			
Chilled Apple Slices	Chilled Fruit Cocktail			
Dark Green Tossed Salad	Dark Green Tossed Salad			
Fresh Veggies	Fresh Veggies			

Middle School