chartwells
serving up happy & healthy

FOOD FOCUS: Welcome Students & Staff!!

Old Quarry Middle School: October 2022 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
3 Meat Ball Sub Chicken Corn Dog Cheese Pizza Pepperoni Pizza Salad Bar	4 Turkey Macho Nachos Beef & Cheese Burrito Cheese Pizza Pepperoni Pizza Salad Bar	5 BBQ Beef Rib Sandwich Chicken Nuggets Cheese Pizza Pepperoni Pizza Salad Bar	6 Waffles W/ Turkey Sausage Turkey Sausage Cheese Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	7 Bosco Sticks with Marinara Turkey Hot Dogs Cheese Pizza Pepperoni Pizza Salad Bar
10 Holiday	11 Walking Tacos Cheese Quesadillas Cheese Pizza Pepperoni Pizza Salad Bar	12 BBQ Chicken Sandwich Strawberry Bagel Cheese Pizza Pepperoni Pizza Salad Bar	13 Pancakes with Turkey Sausage Chicken Nuggets Cheese Pizza Pepperoni Pizza Salad Bar	14 Bosco Sticks with Marinara Turkey Hot Dogs Cheese Pizza Pepperoni Pizza Salad Bar
17 Corn Dogs Meat Ball Sub Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	18 Turkey Macho Nachos Cheese Quesadillas Cheese Pizza Pepperoni Pizza Salad Bar	19 BBQ Chicken Sandwich Strawberry Bagel Cheese Pizza Pepperoni Pizza Salad Bar	20 Bosco Sticks with Marinara Turkey Hot Dogs Cheese Pizza Pepperoni Pizza Salad Bar	21 No School Lunch
24 Corn Dogs Italian Meat Ball Sub Cheese Pizza Pepperoni Pizza Salad Bar	25 Walking Tacos Beef -Bean & Cheese Burritos Cheese Pizza Pepperoni Pizza Salad Bar	26 Chicken Parmesan Sandwich BBQ Rib Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	27 Waffles with Turkey Sausage Breakfast Sausage & Cheese Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	28 Bosco Sticks with Marinara Turkey Hot Dogs Cheese Pizza Pepperoni Pizza Salad Bar
31 Veggie Burger Chicken Nuggets Cheese Pizza Pepperoni Pizza Salad Bar				

Entrees Offered Daily (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):

Bento Box, Turkey CheeseBurger,Chicken Patty, Spicy Chicken Patty, Caesar Salad, Turkey & Cheese Wrap

School Foodservice Information

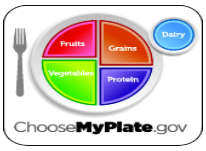
Price: $3.25 paid, $ .40 reduced, free (if qualified)
No advance registration necessary! All students are welcome every day!
Only Milk $ .60

TO MAKE AN ONLINE LUNCH PAYMENT, GO TO Skyward, go to Food, go to make payment

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)1/2cup
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	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season
Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
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 2		
	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	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		
Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season	
Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	
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 Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
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 5		
Fresh Fruit In Season				
Chilled Fruit				
Dark Green Tossed Salad				
Fresh Veggies				

Middle School