chartwells
serving up happy & healthy

Old Quarry Middle School: December 2019 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 Waffles with Turkey Sausage Patties Egg & Cheese Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	3 Turkey Nachos BBQ Rib Sandwich/ or Grilled Cheese Cheese Pizza Pepperoni Pizza Salad Bar	4 Chicken Nuggets Toast Grilled Cheese Cheese Pizza Pepperoni Pizza Salad Bar	5 Italian Meat Ball Sub Corn Dog Cheese Pizza Pepperoni Pizza Salad Bar	6 Bosco Sticks with Marinara Sauce Turkey Hot Dogs Cheese Pizza Pepperoni Pizza Salad Bar
9 Pancakes with Turkey Sausage Patties Egg & Cheese Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	10 Turkey Macho Nachos Corn Dog Cheese Pizza Pepperoni Pizza Salad Bar	11 BBQ Chicken Sandwich Hot Han & Cheese Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	12 Chicken Parmesan Spaghetti & Meatballs Cheese Pizza Pepperoni Pizza Salad Bar	13 Bosco Sticks with Marinara Sauce Turkey Hot Dog with Potato Wedges Cheese Pizza Pepperoni Pizza Salad Bar
16 BBQ Rib Sandwich Corn Dog Cheese Pizza Pepperoni Pizza Salad Bar	17 Turkey Macho Nachos Toasty Grilled Cheese Cheese Pizza Pepperoni Pizza Salad Bar	18 Chicken Nuggets BBQ Chicken Sandwich Cheese Pizza Pepperoni Pizza Salad Bar	19 Bosco Sticks with Marinara Sauce Turkey Hot Dogs with Potato Wedges Cheese Pizza Pepperoni Pizza Salad Bar	20 NO SCHOOL LUNCH
23 WINTER BREAK	24 WINTER BREAK	25 HOLIDAY	26 WINTER BREAK	27 WINTER BREAK
30 WINTER BREAK	31 WINTER BREAK			

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

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SCHOOL MENUS

- View helpful nutrition and allergen info
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School Foodservice Information

Price: $2.85 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 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:

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

LET'S GET COOKING

FUN FACT!

Many fruits and vegetables are available in fresh, frozen and canned varieties. Frozen is sometimes more convenient and just a nutritious as fresh. Choosing frozen can be a good way of enjoying fruit or vegetables that are not in season locally.

Discovery

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	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 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		
		Week 5		

Middle School