chartwells
serving up happy & healthy

Oakwood & River Valley Elementary Schools: October 2020 Lunch MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey & Cheese Sandwich	2 Mini Bagel Fun Lunch
5 Muffin Fun Lunch	6 Cereal Fun Lunch	7 Strawberry Bagel Fun Lunch	8 Turkey & Cheese Sandwich	9 Mini Bagel Fun Lunch
12 Holiday	13 Muffin Fun Lunch	14 Cereal Fun Lunch	15 Strawberry Bagel Fun Lunch	16 Turkey & Cheese Sandwich
19 Muffin Fun Lunch	20 Cereal Fun Lunch	21 Strawberry Bagel Fun Lunch	22 Turkey & Cheese Sandwich	23 Mini Bagel Fun Lunch
26 Muffin Fun Lunch	27 Cereal Fun Lunch	28 Strawberry Bagel Fun Lunch	29 Turkey & Cheese Sandwich	30 Mini Bagel Fun Lunch
Mondays	***Tuesdays***	***Wednesdays***	***Thursdays***	***Fridays***

School Foodservice Information

Price: $2.95 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 Payment

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) 1/2 cup
2. Add some whole grains
3. Finish with lean protein and low fat dairy

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.

Monday	Tuesday	Wednesday	Thursday	Friday
		WEEK 1		
			100% Fruit Juice	Fresh Fruit in Season
			Chilled Fruit	Chilled Fruit
			Dark Green Tossed Salad	Dark Green Tossed Salad
			Fresh Chilled Vegetables	Fresh Chilled Vegetables
		WEEK 2		
Fresh Fruit in Season	100% Fruit Juice	Fresh Fruit in Season	100% Fruit Juice	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 Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables
		WEEK 3		
	100% Fruit Juice	Fresh Fruit in Season	100% Fruit Juice	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 Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables
		WEEK 4		
Fresh Fruit in Season	100% Fruit Juice	Fresh Fruit in Season	100% Fruit Juice	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 Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables	Fresh Chilled Vegetables
		WEEK 5		
Fresh Fruit in Season	100% Fruit Juice	Fresh Fruit in Season	100% Fruit Juice	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 Chilled Vegetables	Fresh Chilled Vegetables	Fresh Fruit in Season	Fresh Chilled Vegetables	Fresh Chilled Vegetables

Elementary School