FOOD FOCUS: Welcome Back

Oakwood - River Valley & Central Schools: 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 Turkey Cheeseburger Meat Ball Sub	4 Turkey Macho Nachos Beef-Bean & Cheese Burrito	5 Cheese Pizza BBQ Rib Sandwich	6 Waffles & Turkey Sausage Sausage Egg/Cheese Muffin	7 Bosco Sticks Turkey Hot Dogs
10 Holiday	11 Walking Tacos Nacho Cheese Fun Lunch	12 Pizza Bites Crispy Chicken Sandwich	13 Waffles & Turkey Sausage Muffin Egg & Cheese	14 Bosco Sticks Turkey Hot Dogs
17 Chicken Patty Sandwich Veggie Burger	18 Turkey Macho Nachos Cheese Quesadillas	19 Cheese Pizza Corn Dogs	20 Bosco Sticks Turkey Hot Dogs	21 No School Lunch
24 Chicken Nuggets Veggie Burger	25 Walking Tacos Beef-Bean & Cheese Burrito	26 Pizza Bites BBQ Rib Sandwich	27 Waffles & Turkey Sausage Chicken Patty Sandwich	28 Bosco Sticks Turkey Hot Dog
31 Meat Ball Sub Corn Dogs				
Mondays Strawberry Bagel w/ String Cheese & Yogurt Fun Lunch	***Tuesdays*** Turkey & Cheese Sandwich	***Wednesdays*** Bento Box Soft Pretzel Grapes & Cheese Cubes	***Thursdays*** *Sun Butter & Jelly on Whole Grain Bread	***Fridays*** 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
*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

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	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 2				
	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 3				
Fresh Fruit In Season	100% Fruit Juice	Fresh Fruit in Season	100% Fruit Juice	
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				
Chilled Fruit				
Dark Green Tossed Salad				
Fresh Chilled Vegetables				