



Food Service Manager – Margaret Jemiolo
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Park Ridge–Niles School District 64 has partnered with Arbor Management, Inc. to offer nutritious, healthy food options to all students. Arbor Management is a privately held, employee owned business that has provided services to school districts in the Midwest for over thirty years, and is committed to providing a highly customized service specifically designed to meet the needs of the students, parents, and staff of the Park Ridge–Niles Schools.



Nourishment & Fresh Foods

Our team including professional chefs, registered dietitians, and foodservice managers work together to develop healthy, balanced meals made with fresh, quality ingredients. Arbor chefs put a creative spin on scratch recipes with emphasis on whole muscle protein products and fresh fruits and vegetables.

Locally sourced and Farm-to-Table products are used as seasonally available. Organic, vegan, halal, gluten-free and non-GMO products may be incorporated into your program. Menu offerings for each Arbor client are individually crafted with direct input from students and stakeholders.

Nutrition Education & Promotion

Arbor provides an environment for students to learn how to create healthy meals from a wide variety of options. Our chef created, dietitian approved meals provide a guide modeling the most current science-based nutrition guidelines as well as innovative flavor profiles.

Dietitian led nutrition education programs are available to allow for unique, interactive student engagement. Our Corporate Dietitian is accessible to answer questions via the Arbor website “Ask a Dietitian” link. Special diets and allergen free menus can be accommodated. We make it easy for students and parents to be confident about their health and wellness knowledge.

Inspiration & Encouragement

Students are encouraged to explore new foods with tastings and display cooking to spark student taste buds and curiosity with healthy options. Rotating fresh garden bars introduce students to a wide assortment of fresh fruit and vegetables while encouraging them to experiment with different combinations.

Arbor’s nutrition team allows students to personalize and create their own balanced meals through “Build Your Own” food bars and featured recipes. Creative dishes inspire students to expand their palates.

Arbor's Mission is to:

- 🌱 Serve a wide assortment of fresh, nutrient rich foods every day and encourage the consumption of wholesome, balanced meals
- 🌱 Maximize the use of fresh fruits and vegetables locally grown as seasonally available
- 🌱 Provide a variety of protein options including lean meat, poultry, legumes, tofu, hummus, yogurt, and quinoa
- 🌱 Serve products with a minimum number of ingredients and avoid added sugars, artificial ingredients, and preservatives
- 🌱 Select high quality, fresh, whole muscle meat whenever possible. Use cage free poultry with no added hormones or steroids.
- 🌱 Purchase fresh eggs from a local farm that has been awarded for innovative conservation and ships eggs within twenty four hours of being laid
- 🌱 Serve skim and low-fat milk that is free from artificial growth hormones and is produced at local, sustainable farms
- 🌱 Eliminate all trans-fats
- 🌱 Utilize healthy cooking techniques including baking, grilling, and steaming
- 🌱 Conduct surveys, taste tests, and food advisory committees to collaborate and brainstorm new ideas with students, parents, and staff
- 🌱 Provide education and information regarding allergen safety, label reading, and age appropriate portions sizes
- 🌱 Offer fresh, whole and multi-grain breads to increase vitamin and fiber intake
- 🌱 Implement green initiatives to reduce waste
- 🌱 Aid in the fight against childhood obesity by serving wholesome meals that provide fuel and nutrients for a healthy body weight

~Arbor Management~