



FOOD FOCUS: Welcome Students & Staff!!

Old Quarry Middle School: August 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
			1	2
5	6	7	8	9
12	13	14	15	16
		Chicken Parmesan Sandwich Meatball Sub Cheese Pizza Pepperoni Pizza Salad Bar	Chicken Nuggets with Dipping Sauce Toasty Grilled Cheese Cheese Pizza Pepperoni Pizza Salad Bar	Bosco Sticks with Marinara Sauce Turkey Hot Dog with Potato Wedges Cheese Pizza Pepperoni Pizza Salad Bar
19	20	21	22	23
French Toast with Turkey Sausage Patties Bosco Sticks served with Marinara Sauce Cheese Pizza Pepperoni Pizza Salad Bar	Turkey Macho Nachos Chicken Fajitas Cheese Pizza Pepperoni Pizza Salad Bar	BBQ Rib Sandwich Toasty Grilled Cheese Cheese Pizza Pepperoni Pizza Salad Bar	Turkey Corn Dog Chicken Nuggets with Dipping Sauce Cheese Pizza Pepperoni Pizza Salad Bar	Bosco Sticks with Marinara Sauce Turkey Hot Dog with Potato Wedges Cheese Pizza Pepperoni Pizza Salad Bar
26	27	28	29	30
BBQ Chicken Sandwich Bosco Sticks served with Marinara Sauce Cheese Pizza Pepperoni Pizza Salad Bar	Hot Ham & Cheese Sandwich Turkey Macho Nachos Cheese Pizza Pepperoni Pizza Salad Bar	Spaghetti & Meatballs Meatball Sub Cheese Pizza Pepperoni Pizza Salad Bar	Toasty Grilled Cheese Chicken Nuggets with Dipping Sauce Cheese Pizza Pepperoni Pizza Salad Bar	Bosco Sticks with Marinara Sauce Turkey Hot Dog with Potato Wedges Cheese Pizza Pepperoni Pizza Salad Bar
<i>Entrees Offered Daily (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):</i>				
Cheese Pizza, Cheeseburger, Breaded Chicken Patty and Caesar Salad, Turkey & Cheese Wrap				



School Foodservice Information

Price: \$2.75 paid, \$.40 reduced, free (if qualified)
 No advance registration necessary! All students are welcome every day!

TO MAKE AN ONLINE LUNCH PAYMENT, GO TO [Skyward](#), go to [Food](#), go to [make payment](#)

SCHOOL MENUS

- View helpful nutrition and allergen info
- Download our FREE mobile app!
- Print your menus

GET YOUR SCHOOL'S MENU

*VEGETARIAN #NEW MENU ITEM

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				
Week 2				
Week 3				
		Fresh Fruit In Season	Fresh Fruit In Season	Fresh Fruit In Season
		Chilled Fruit	Chilled Fruit	Chilled Fruit
		Dark Green Tossed Salad	Dark Green Tossed Salad	Dark Green Tossed Salad
		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	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