



### **New Entrée Highlights**

**Tex—Mex Red Beans and Rice:**  
Perfectly spiced red beans over a brown rice

### **Vegetarian Chili:**

Tasty three bean mixture: kidney, black, and navy beans combined with onions, green peppers, and celery in a tomato sauce

### **Black Bean Burger with BBQ Sauce:**

Scrumptious *MorningStar Farms* black bean burger on a whole grain bun with optional BBQ sauce

### **Chicken Stuffed Burrito:**

Whole grain flour tortilla stuffed with chicken, beans, and cheese and baked until bubbly

### **Fish Tacos:**

Spicy rubbed, unbreaded white fish and a southwestern slaw with whole grain flour tortillas

### **Southwest Quesadilla:**

Soft flour tortilla filled with black beans, veggies, and melted cheese

### **Pasta in a Garlic Chicken Sauce:**

Whole grain pasta covered in a yummy sauce made from olive oil, crushed garlic, chicken, and wilted spinach

### **Stuffed Salmon:**

Salmon fillet topped with a delicate bell pepper stuffing

# **Nutrition Nuggets**

## **For Kids**

Do you know that your school lunch provides you with the energy and proper nutrition for growth? Eating a well balanced meal at lunch will help you have more energy during the day and help you learn better during your classes.

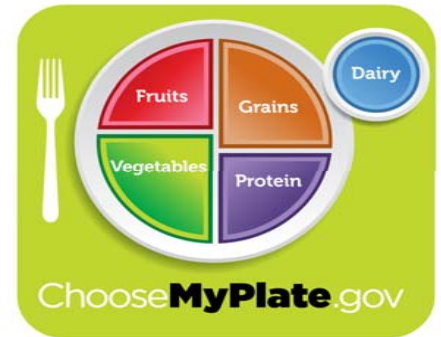
## **For Parents**

School lunch provides your child 1/3 of the recommended dietary allowances for his/her age group. We offer child-friendly foods that in many cases have been specially formulated to be low in fat while providing the flavor and calories your child needs. For further nutrition information please visit the District 25 homepage ([www.sd25.org](http://www.sd25.org)) and click on the Food Service page.

Kids, check out these cool websites to learn more about healthy foods and balanced meals.....



[www.foodchamps.com](http://www.foodchamps.com)



[www.choosemyplate.gov](http://www.choosemyplate.gov)



# **About the Food We Serve...**

The Food Service Department provides high quality, nutritious, and student friendly lunches that are a part of an overall healthy lifestyle. This year we are offering 5 different entrée choices each day including trendy “red” entrees, cold “white” entrees, and student favorite “blue” entrees. Additionally, in our effort to continuously improve our lunches, we have increased the number of whole grain servings, legumes servings, vegetarian servings, fish servings, the variety of fruits and vegetables served, and switched to a fat free chocolate milk. We hope your child(ren) try a variety of our entrees and side choices throughout the year and even decide they like something new!

# **Daily Side Choices**

This school year, Daily Side Choices will no longer be posted on the menu in order to utilize more seasonal and local produce. Instead, a variety of fresh, frozen, canned, and dried fruits and vegetables will be offered, as available. *Sliced apples, bagged carrots, and 100% juice cups will be available daily.*

For more information about the District 23 Food Service Department, please contact:  
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