



2019 Food Services News

New and Improved 2019 Parent Newsletter

Welcome parents to our new and improved 2019 newsletter. Every month we will be using this platform to communicate new happenings in the District 300 cafeterias.

This will include shining spots, new menu events, and information to help you the parent make informed decisions for students best possible dining experience.

We are committed to providing students nutritious meals meeting all USDA standards. Offering a wider variety of fruits and vegetables, fat-free or 1% milk, whole grains, and less sodium.

February Menu Highlights K-5

- 02/06/19 Mini Coco Krispies Treat.
- 02/11/19 Frozen Fruit Slushy.
- 02/14/19 Blastin Berry Fruit Roll Ups.

February Menu Highlights 6-8

- 02/05/19 Tater Bite Chicken Nachos
- 02/04-02/15 Fuel Wachos

February Menu Highlights 9-12

- 02/04/19 Tater Tot Day
- 02/08/19 Pasta Bar
- 02/04-02/15 Fuel Breakfast Burrito

Contact Us:

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Free and Reduce Fee Lunch Benefit: Rachel Mitchell 847-551-8349

<https://www.d300.org/Page/1273>

Snowed In Snack Ideas: Parfaits

For this easy and delicious treat you will need 4 oz of fresh blueberries, 4 oz of your favorite yogurt, and granola. Simply layer 2 oz of fruit with 2 oz of yogurt, repeat add granola and volia a simple healthy treat for those cold days at home.



FUEL Promotions Grades 6-12

For a limited time each month our FUEL program introduces lunch specials with fresh new flavors that follow current dining trends. This month from February 4th through February 15th we will be running our Wachos (waffles, popcorn chicken, and jalapeno cheese sauce) along with the FUEL Breakfast Burrito.

Restaurant Rotation

To add menu variety each day we have added a daily restaurant rotation. One of the featured restaurants is our Pasta Bar. This allows students the option to pick their favorite pasta, veggies, protein, and sauce. The rotating menu station adds hip healthy options for students who want something different.

