



Niles Township District 219

HEALTHY OPTIONS

Hello Niles Township District 219,

We understand the importance of healthy eating and want to provide the perfect balance of healthy options and favorites for both students and staff.

Here is a list of the healthy options you can find every day:

- Quest's Food Philosophy (available on food service website) that shows our commitment to health for our bodies and the planet.
- Made To Order Deli where you can get a Vegetarian Sandwich with Hummus, and Gluten Free or Whole Wheat Bread and Vegetarian Paninis.
- Deli Sandwiches and Paninis comes with a Side Salad as a Healthy Option if you do not want Homemade Chips.
- Picante Station (Made to Order Mexican Food) offers a Burrito Bowl (No Tortilla), Corn Tortillas (No Gluten) and Vegetarian options (No Meat). Picante will be served a few times per month.
- Grill Station offers Grilled Chicken Sandwiches and Veggie Burgers.
- Pasta Station offers Vegetarian Pasta (No Meat) with a variety of vegetables to choose.
- Fresh Sushi and Edamame available throughout the month.
- Fresh Vegetables and Salads on the Salad Bar and Grab and Go (packaged salads made fresh daily) which also includes Homemade Salad Dressing.
- Fresh Fruit Cups and Seasonal Whole Fruit in the Cafe..
- Yogurt, Greek Yogurt and Yogurt Parfaits available daily.
- Healthy Snacks such as Sabra Hummus and Pretzels, Vegetable crudité's and High Protein Snack Boxes.
- Allergen Information can be found on all menu signs. If there allergen icon is present on the sign that means that allergen is present in that food item.

If you have any questions or have suggestions on how to expand our healthy options, please feel free to contact me.

Thank you,

Rachel Brown

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District Manager