

2022-2023  
**DINING PROGRAM**



# DINING PROGRAM



## WELCOME!

Welcome to a new school year and an exciting time of growth and learning! We are committed to providing a nutritious dining program that is designed to fuel our students with a variety of wholesome and great-tasting options. Our unique partnership with Quest Food features the following program highlights:

### Scratch-Made Food

High-quality, whole ingredients that are made-to-order using the freshest ingredients and chef-crafted recipes.

### Menu Variety

Seasonal and regional ingredients, local and global food concepts, and a variety of vegetarian, vegan and gluten-free options.

### Responsibly-Sourced

High standards for sourcing including milk without any added growth hormones, cage-free eggs, sustainable seafood and USDA-certified proteins.

### Localized Approach

A program that is tailored to our school community, gathering continued feedback from parents and students to meet our needs.

The following information includes details such as how to view weekly menus, access nutritional and allergens, and set up your student's dining account. If you have additional questions, please don't hesitate to contact our Food Service Director or visit the school website.

Dining Program Website: <https://www.nlsd122.org/c/index.php/parents-and-students/lunch-program>

Food Service Director: Amy Mitchell

Contact Email: [amy.mitchell@questfms.com](mailto:amy.mitchell@questfms.com)



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## FOOD PHILOSOPHY

We are committed to offering a variety of wholesome options daily, with meals featuring lean proteins, whole grains, healthy fats, and fresh fruits and vegetables. Our recipes are chef-crafted and led by scratch-made cooking techniques, with nutritional needs and flavor always top of mind. Sustainability and quality standards drive how we source ingredients, purchasing local whenever possible and never serving trans fats, MSG or other harmful ingredients to our students.

### PROUD TO SERVE

- Produce that is fresh, fresh-frozen or packed in 100% juice or water.
- Cage-free eggs and milk that is free of added growth hormones.
- High-quality beef, chicken, and other proteins that are USDA-certified.
- Whole grain, vegetarian, vegan, gluten-free & allergen-friendly options.
- Sustainable seafood that follows the Marine Stewardship Council guidelines.



For more information about our Dining Program: <https://www.nlsd122.org/c/index.php/parents-and-students/lunch-program>

Food Service Director contact: [amy.mitchell@questfms.com](mailto:amy.mitchell@questfms.com)

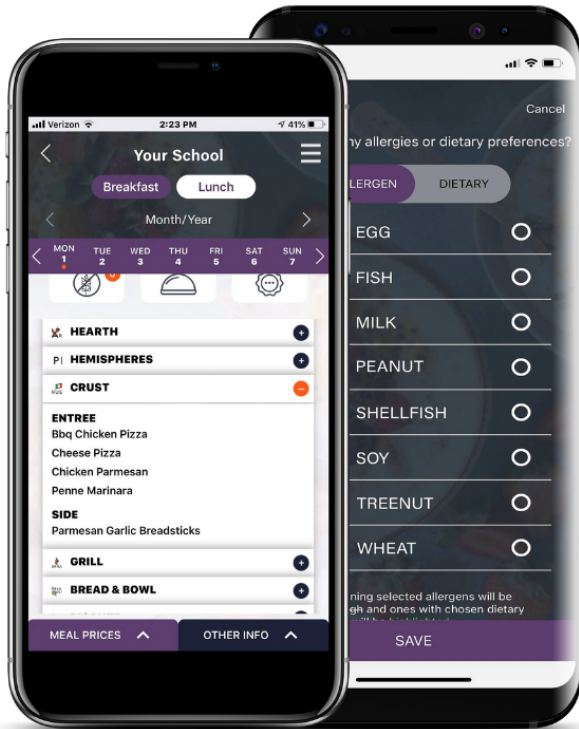
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## MEAL PLANNING

Our school is utilizing the FD MealPlanner platform as a tool to provide families with easy access to weekly menus as well as nutritional data and allergen information. FD MealPlanner also allows you to view the ingredients of each meal in real-time and combine multiple menu items together to see total nutritional content.



FD MealPlanner



### FD MEAL PLANNER



Scan the QR code above to download the FD MealPlanner App on your phone, or visit [www.fdmealplanner.com](http://www.fdmealplanner.com) and search for our school to get started.

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## ALLERGENS

Icons for the top nine allergens are visible in our dining areas at points of service and also listed with individual menu item descriptions in FD MealPlanner. If your student needs further assistance, please contact the Food Service Director for more information and to discuss a meal plan. Our full allergen statement can be found at: [www.questfms.com/allergens](http://www.questfms.com/allergens)

### ALLERGEN ICONS



The top nine allergens include Crustacean Shellfish, Eggs, Fish, Milk, Peanuts, Sesame, Soybeans, Tree Nuts & Wheat.

We cannot eliminate the risk of cross-contact or guarantee that any item is free of allergens due to the nature of our kitchens and our reliance on suppliers for accurate information.

**Our kitchens are allergy aware,  
not allergy free.**

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