

A large, stylized green leaf graphic that curves from the top left towards the bottom right, serving as a background for the title text.

# 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 nutritionals 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.district31.net/domain/266>  
GBS Food Service Director: Rebecca Cohen  
GBS Contact Email: [rebecca.cohen@questfms.com](mailto:rebecca.cohen@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.district31.net/domain/266>

Food Service Director contact: Rebecca Cohen, [rebecca.cohen@questfms.com](mailto:rebecca.cohen@questfms.com)



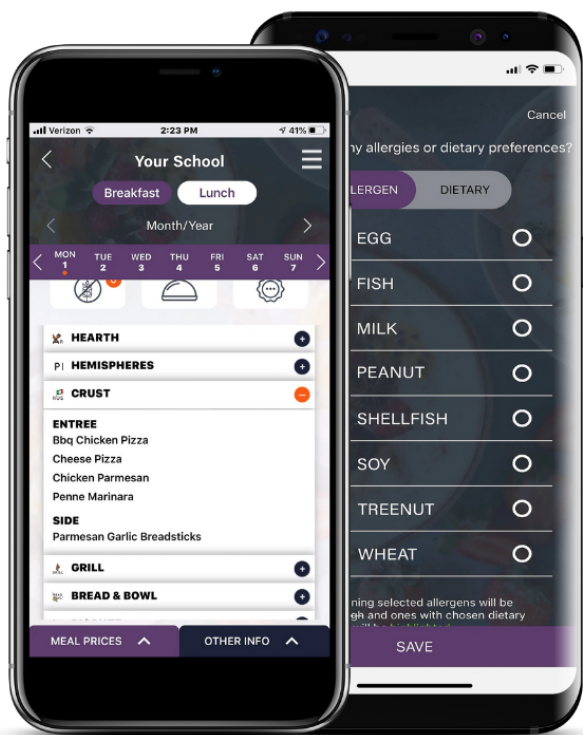
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## MEAL PLANNING

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.

For more information about our Dining Program: <https://www.district31.net/domain/266>

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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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# DINING PROGRAM

## MEAL ACCOUNTS

### HOW-TO

#### Get Started:

Download the My MealTime App or visit [www.MyMealTime.com](http://www.MyMealTime.com).

#### Register:

Click or tap the Register button and follow the onscreen prompts to create your account.

#### Link your Student:

Click or tap the Add Student button then find your school. Link to profile by using Student ID number.

#### Make a Deposit:

Add funds to your student account and store your credit card if desired for quick and easy repeat use. Schedule recurring deposits to ensure funds are available.

#### Low Balance:

Set-up a low balance notice in your profile for when account goes below a designated amount.

### MY MEALTIME

My MealTime is our payment software system, allowing students to get through the line quickly, and parents to add dining funds, receive notifications, view balances and replenish accounts with ease.



Scan above to download the App, or visit [www.MyMealTime.com](http://www.MyMealTime.com) to register and add funds to your account.

Need Help? Contact MyMealTime at 800-755-0904 or [support@mealtimeclm.com](mailto:support@mealtimeclm.com).

For more information about our Dining Program: <https://www.district31.net/domain/266>

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## WHAT'S IN A MEAL?



MEAL PRICE:\$4.75

Hot Entree of the Day,  
Sandwich or Salad

&

Hot Side Dish

&

Fruit and Vegetable

&

Milk

Meals are rotating and available daily as well as additional food items, snacks and beverages for purchase. Selections are based on nutritional recommendations for a complete & healthy meal.

To view Weekly Menus, download the  
FD MealPlanner App:



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## FIELD MENU PRICE LIST

### DAILY MEAL: \$4.75

Entree of the Day, Hot Side Dish, Fruit & Vegetable, Milk or Water  
Second Entree/Double Portion add \$2.75

### A LA CARTE

Hamburger: \$4.00  
Cheeseburger: \$4.00  
Chicken Sandwich: \$4.00  
Pizza: \$3.50  
Chicken Tenders: \$3.50  
Deli Sandwich: \$4.00  
Fries: \$2.75  
Entree Salads: \$5.25

### BEVERAGES

Milk: \$.50  
16oz Bottled Water: \$1.15  
12oz Gatorade: \$2.25  
Izze Sparkling Juice: \$2.40  
Tropicana Juice: \$3.15  
Sparkling Ice: \$3.15

### SNACKS

Bagel and Cream Cheese: \$2.20  
Chips: \$1.50  
Yogurt Parfait: \$3.00  
Lrg Fruit Snack: \$1.50  
Whole Fruit: \$1.00  
Pop Tart/Cereal Bar: \$1.50  
Cookie: \$1.75

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