

Parents can order lunches for their children via our online ordering website called My meal Order. To register for an account you will need your child's student ID. Once your account is set up you can order lunches each day or a month at a time. All orders must be submitted 72 hours in advance of the day ordering for. If you forget to place your order please email **Alicia Culverson**:

Alicia.culverson@questfms.com

There are many hot and cold lunch options as well as a variety of vegetarian options. All \$7 combo lunches will come with an afternoon snack, beverage and unlimited access to our fruit and vegetable bar. In addition to lunches you can order an afternoon snack box to be delivered to your child's classroom or during lunch! To begin the ordering process please visit: www.mymealorder.com

Full Year Subscription

If you would like to use our services every day you can sign your child up at a discounted rate. A full year subscription can be purchased for \$1,200. For more information please contact Alicia Culverson;
Alicia.Culverson@questfms.com



Food Allergens

The top eight allergens in each food item will be visibly listed on each menu for students as they decide on their meal purchases. Visible icons will consistently inform students when and if a food item contains one of these eight allergens.

Nutrition Information is also available at
www.nutri-cafe.com



**Let's Dine
Together**

Lunch Service

Quest offers a variety of scratch made lunches each day. There are a variety of hot meals including one vegetarian option each day. In addition to the hot entrees there is a full service deli bar option where you can custom make your own sandwich! All meals purchased at the \$7 price point will receive an afternoon snack, beverage and unlimited access to our fruit and vegetable bar. Menus are published on a month basis and vary each day! Don't forget that you can also order an afternoon snack for your child via our online ordering system.

Nutritional and Allergen Information

Quest has dedicated an online system www.nutri-cafe.com where you can view the current menu and see all allergen/nutritional information for the menu options. Simply visit the website, select the correct school and click on each menu item to view the nutrimetics. At the top of the page you can select any allergens you are trying to avoid and it will eliminate the menu items that will not fulfill that criteria. Have further questions or requests? No problem! just contact your on-site manager and see what we can do for you!

Learn More

Visit our Website

<http://bit.ly/294Fk45>

Our Food Philosophy

- Writing menus that feature seasonal and regionally available ingredients.
- Sourcing from local farmers and small producers, and by participating in year-round, community sourced agriculture (CSA) programs.
- Offering a variety of vegetarian, vegan, and gluten-free options.
- Purchasing a sustainable seafood that follows the Marine Stewardship Council's guidelines and recommendations.
- Sourcing milk that is local and free of added growth hormones.
- Offering a variety of whole grain breads, pastas, and cereals.
- Using trans-fat free oils, including non-GMO soy oil, that are produced in a green facility in Michigan.
- Never using MSG.
- Offering organic, shade grown, fair trade, and rainforest alliance coffees and teas.
- Accommodating nutritional and dietary requests.
- Serve produce that is fresh, fresh frozen or packed in 100% juice or water.
- Only serve proteins that are USDA certified

FOOD TO EDUCATE



<http://bit.ly/294Fk45>



BRITISH INTERNATIONAL SCHOOL
OF CHICAGO, LINCOLN PARK
A NORD ANGLIA EDUCATION SCHOOL