

# Glenview Food Service News

Get out there!

Nutritional and physical activities that the whole family will love!



## In and Around Glenview

Farmer's Markets are the place to go for locally grown produce, locally raised honey, meat and eggs and locally made items. You can support local farm business by stopping at the following markets:

### **Morton Grove Farmer's Market**

6140 Dempster, Open Saturdays from 8:00am-noon, beginning May 11

### **Winnetka Farmer's Market**

510 Green Bay Road, Open Sundays from 7:30 am until 12:30 pm, beginning on June 1

### **Glenview Farmer's Market at Wagner Farm**

Saturdays beginning June 22, 8:00 am

**Deerfield Farmer's Market**, Saturdays beginning June 15, 7:00 am

**Ravinia Farmer's Market**, Wednesdays beginning June 5, 7:00 am

**Northbrook Farmer's Market**, Wednesdays, beginning June 19,



## Free Outdoor adventures!

Cook County Forest Preserve provides many great outdoor programs and adventures that are free of charge:

Bird Walks

Wildflower Walks

Picnic Grounds

Guided Hikes

In addition, rentals are available to kayak and camp!

The Forest Preserve has "cleanup" days where you and your family can pitch in to clean up the river, lagoons, or help with restoration of the forest.

To see where you can help, go to [www.fpdcc.com/volunteer](http://www.fpdcc.com/volunteer)

For information on the free activities go to [www.fpdcc.com/events](http://www.fpdcc.com/events)

## After the Market

After selecting the local produce, teach your children how to properly wash fresh produce. Create recipes and cook with them! Ideas can be found here: <https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299.htm>



# May Specials

## Attea Middle School

Friday, May 3, Taco Max Snax  
 Monday, May 6, Attea- Warm Ham\* and Cheese Croissant Sandwich  
 Friday, May 10, Chicken Quesadilla  
 Monday, May 13, Cinnamon French Toast with Sausage\*\*  
 Tuesday, May 14, BBQ Beef Rib Patty on a WG Bun OR Cheddar Stuffed Pretzel Bosco Sticks  
 Friday, May 17, Cheese and Sausage Pizza Puff^  
 Monday, May 20, Pepperoni Pizza Bosco Sticks  
 Friday, May 24, Cheese Quesadilla  
 Friday, May 31, Toasted Cheese Sandwich

## Springman Middle School

Friday, May 3, Toasted Cheese Sandwich  
 Monday, May 6, Shrimp Poppers with Cheesy Garlic Bread

## Glen Grove

Friday, May 3, Warm Ham\* and Cheese Croissant Sandwich  
 Friday, May 10, Shrimp Poppers with Cheesy Garlic Bread  
 Friday, May 17, Mini Corn Dogs\*  
 Friday, May 24, Cook's Choice Pizza day  
 Friday, May 31, Chef's Choice, Specials to be announced in school

## Henking

Friday, May 17, Wild Mike's Cheesy Bites with dipping sauce and corn on the cob

## Hoffman

Friday, May 3, Warm Ham\* and Cheese Croissant Sandwich  
 Friday, May 10, Pepperoni Pizza Bosco Sticks  
 Friday, May 17, Chicken Quesadilla  
 Friday, May 24, Corn Dog\* on a Stick  
 Friday, May 31, Chef's Choice, Specials to be announced in school

## Lyon School

Friday, May 17, Shrimp Poppers with Cheesy Garlic Bread

## Pleasant Ridge School

Friday, May 3, Corn Dogs\*  
 Friday, May 10, Pepperoni^ and Cheese Pizza Munchables  
 Friday, May 17, Breaded Mozzarella Cheese Sticks  
 Friday, May 24, Breaded Chicken Patty on a Bun  
 Friday, May 31, Chef's Choice, Specials to be announced in school

## Springman

Thursday, May 2, Taco Max Snax with salsa and sour cream  
 Friday, May 3, Toasted Cheese Sandwich  
 Monday, May 6, Shrimp Poppers with Cheesy Garlic Bread  
 Thursday, May 9, Lasagna Roll-ups with Marinara Sauce  
 Friday, May 10, Corn Dog\* on a Stick OR Chicken Quesadilla with salsa and sour cream

## Westbrook

Friday, May 17, Twisted Cheddar and Mozzarella Cheese Sticks with mini corn on the cob

\* Turkey Product