



New Trier High School

Winnetka and Northfield Campus

HEALTHY OPTIONS

Hello New Trier,

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 (see below) 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.
- Vegetarian Panini offered every week.
- 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).
- 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 daily.
- 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 all of the Cafes.
- Fresh Fruit Smoothies available at the Coffee Bar.
- Yogurt, Greek Yogurt and Yogurt Parfaits available daily.
- Healthy Snacks such as Sabra Hummus and Pretzels, Kind Bars, Cliff Bars and High Protein Snack Boxes.
- Nutritional Information available on at www.questfmsnutrition.com for most specials.
- 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,

Rebecca Cohen, MPH, RD, LDN

Food Service Director

Quest FMS Food Philosophy



We are passionate about food and we believe in wholesome, nutritious ingredients. That's why we are committed to using items that are healthier for both our bodies and the planet. We do this by:

- 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.
- Serving sensible portions of animal proteins.
- Offering a variety of vegetarian, vegan, and gluten-free options.
- Purchasing sustainable seafood that follows the Monterey Bay Aquarium's Seafood Watch program 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. Just let us know.

By purchasing with these standards in mind, and preparing items so that they will be as fresh as possible when served, we support local agriculture, increase nutrition, and intensify flavor.

QUEST MISSION, VISION AND VALUES

Mission

Quest provides the communities we serve with fresh, high quality food, exceptional responsiveness, and intensely personal service.

Vision

We are committed to creating the most enduring relationships in the industry by what we do and how we do it.

Values

INTEGRITY

Do the right thing at all times.

RESPONSIVENESS

We listen and respond quickly to provide the best solutions.

ACCOUNTABILITY

We do what we say, we will do and accept responsibility for the results.

RESPECT

We treat each other better than we expect to be treated ourselves.

EXCELLENCE

We deliver the best experience possible.