

LYONS TOWNSHIP H.S. – South Campus

 sodexo
QUALITY OF LIFE SERVICES

September 2019

Student's Cafeteria Account

Use your school I.D. number to purchase your lunch.

PREPAY OPTIONS:

- **CREDIT CARD**-online LTHS Infinite Campus
- **CASH** - bring cash to the cafeteria cashier during your lunch

CHECK – to cafeteria cashier during your lunch for *prepay* only.

CONTACT US!

Call or send an e-mail message whenever you have a question or comment about school meals.

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New!

FOOD COURT



Freshman Café

Burgers, Chicken Sandwiches, Chicken Tenders, Grill Cheese, Fries, Salads, Cold Sandwiches, Fresh Fruit, Snacks & Beverages



Lyon's Deli Café

Cheese pizza, pepperoni pizza, Fries, Salads, Cold Sandwiches, Fresh Fruit, Ice Cream, Snacks, Beverages



Sophomore Café

Special of the day, Cheesy & Fiesta Nachos, Fries, Salads, Pre-wrapped Cold Sandwiches, Fresh Fruit, Snacks & Beverages



Sophomore Café

Made to order Sub Sandwiches, Fresh Fruit, Salads, Snacks & Beverages

ISLAND OASIS

Sophomore Café

Smoothies made to order. Fresh Juice, Ice Cream & Fruit. Coffee



It's that time of the year again! The days are starting to get a little cooler, the sun is setting a little earlier each day, and the kids are back on the corners waiting for the bus. Summer vacation has come to an end and it's time to get back into the routine of the school year. Everything is shiny and new, and everyone is excited about starting a new year. Each school has a different way of starting the day. Some start with homeroom or an assembly; others jump right into first period class. Students will meet new teachers who will probably give an overview of their courses, class rules, what the school year will be like, what supplies are needed, and basically what to expect. The students will also meet you and your foodservice team (many for the first time), and this is your opportunity to show them what great food and fun events you have planned for the coming year! Help students adjust to the new school year's changes and challenges with some light-hearted fun!

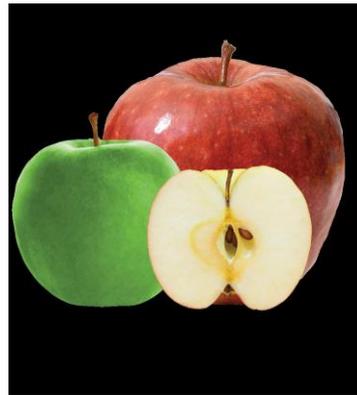
Just because summer is ending doesn't mean the fun has to stop.

LOCK IN YOUR DAILY CRUNCH

Apples are an easy fruit to access year-round since there are over 2,500 known varieties grown in the United States alone, and more than 7,500 across the rest of the world. Each variety has its own unique texture, color, taste and use. For example, Granny Smith and Pippins are green and sour, while Cameo and Red Delicious apples are red and sweet. Sweet apples like Fuji and Golden are best eaten raw, whereas the more sour varieties are great for baking because they better retain their flavor in the oven. It's best to choose apples that are firm and free of any bruises and store them in the refrigerator to keep them tasting great and speed up the ripening process, if necessary. If kept cool, apples can last up to 90 days. Don't forget to wash them before eating to rinse away harmful pesticides. A trick to prevent apple slices from browning is to soak the slices in lemon water or in vitamin C fortified 100% apple juice.

Nutrition NOTES

Apples make for a great addition to your daily diet and are especially good for staying fit. Instead of fatty, sugary snacks, choose an apple to satisfy your sweet tooth. Since apples have a low glycemic impact, meaning that one apple only raises blood sugar levels by a small amount, they can help suppress appetite. Apples are highly nutritious, too -- there's a reason the old saying goes that, "an apple a day will keep the doctor away." They are best for you when eaten with the skin on rather than without the peel where many of the vitamins are stored. Vitamins C, A, K, E and B-6 are all packed in this nutrient-dense fruit, not to mention calcium, iron, zinc, potassium and several other powerful ingredients which, combined, act as an antioxidant to protect against free



Did You KNOW?

- Apples are a member of the Rose family. This might seem weird, but roses actually make fruits somewhat like apples called rose hips.
- The average American consumes 19 pounds of fresh apples and 4 pounds of canned apples a year
- Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C.
- According to a study done by British researchers in the year 2000, people who eat apples have better lung function than those who don't



Let's Get Cooking



APPLE AND CARROT SAUTE

INGREDIENTS:

- 1 ½ T Olive oil
- ¼ C Onion (small dice)
- ½ C Celery (sliced thin)
- 2 C Carrots (1 "slices)
- 1 C plus 2 T water (divided)
- 1 ½ C Apples (unpeeled/tart/large dice)
- 1 T Honey
- 2 T Orange juice
- 1 T Cornstarch
- Salt and pepper to taste
- 2 T Parsley (sliced)

DIRECTIONS:

Prepare ingredients as directed. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender. Add 1 C water and the carrots to the pan and simmer until carrots are crisp tender. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes. Combine the cornstarch with the remaining 2 T water and add to the pan.