



## Dundee High School LUNCH MENU December 4-8, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Tomato Soup & Toasted Triple Cheese, Seasoned Carrots, Steamed Peas	<b>Pasta Bar!!</b> Made to order! Chicken Alfredo Rotini with Meat sauce WG Dinner Roll	Boneless Wings with BBQ Sauce, Hot Sauce, WG Dinner Roll, Oven Baked Curly Fries, Baked Apple Slices	Deli Bar! Made to order Salads And Subs on Freshly Baked Bread	Viking Bowl Friday's Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll
<b>2<sup>nd</sup> mate</b>	<b>Daily Selections: Classic Cheese Pizza &amp; Pepperoni Pizza</b>				
	French Bread Pizza	Veggie Pizza	Cheese filled Breadsticks with Marinara Sauce	Pepperoni & Cheese Calzone	Meatball Pizza
<b>grill'd</b>	Spicy Chicken Patty, Philly Cheese Steak, Ch. Burger	Mini Corn Dogs w/WG Dinner Roll, Chicken Patty, Garlic Parmesan Turkey Burger	Turkey and Cheese Flatbread, Greek Chicken Sandwich, Cheese Burger, French Fries	Three Cheese Pretzel Sandwich, Chicken Patty, Toasted Turkey Melt	Mozz. & Pepp. Panini, Spicy Chicken Patty, Cheese Burger
<b>SO DELI</b>	<b>Made to order sandwich and salad bar with your choice of: Assorted deli meats, cheeses &amp; toppings on your choice of bread. Salads Offered with Dinner Roll.</b>				
<b>ON THE GO</b>	Cobb Salad w/Turkey, Blueberry Parfait with Homemade Granola	Mandarin Chicken Salad w/Wg Roll, Turkey and Cheese Pinwheels, Apple Cinnamon Parfait w/ Granola	Curry Chicken Salad Plate w/Wg Roll, Turkey & Swiss Pretzel Roll, Blueberry Parfait w/Granola	Buffalo Chicken & Barley Salad w/Wg Roll, Turkey Ham & Cheddar Wrap, Apple Cinnamon w/Granola	Vegan Mediterranean Salad w/Wg Roll, Chicken Ranch Wrap, Strawberry Parfait w/ Granola
<b>SONO CELEBRATE LATIN</b>	Chicken & Cheese Quesadilla, Turkey Taco Meat, Cilantro Lime Rice, Vegetarian Refried Beans	Pork Carnitas, Seasoned Taco Meat, Refried Beans, Cilantro Rice	Fajita Chicken, Turkey Taco Meat, Cilantro Lime Rice, Refried Beans	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Refried Beans, Cilantro Lime Rice	Fajita Chicken, Turkey Taco Meat, Cilantro Lime Rice, Refried Beans

Available with all meals - minimum of 1/2 cup fruit or vegetable

<b>EXTRA EXTRA</b>	Spinach and Cranberry Salad	Spinach and Cranberry Salad	Spinach and Cranberry Salad	Spinach and Cranberry Salad	Spinach and Cranberry Salad
	Corn & Black Bean Salad w/Salsa	Cilantro Lime Coleslaw	Corn & Black Bean Salad w/ Salsa	Cilantro Lime Coleslaw	Corn & Black Bean salad w/ Salsa
	Power Peas & Baby Carrots	Creamy Carrot & Raisin Salad	Marinated Cucumbers, Fresh Cherry Tomatoes	Creamy Carrot & Raisin Salad	Sliced Cucumbers, Fresh Baby Carrots
	100% Fruit Juice	Garbanzo Beans, Fresh Broccoli	100% Fruit Juice	Fresh Celery Sticks, Kidney Beans	100% Fruit Juice
	Fresh Whole Fruit & Assorted Chilled Fruit	Fresh Whole Fruit & Assorted Chilled Fruit	Fresh Whole Fruit & Assorted Chilled Fruit	Fresh Whole Fruit & Assorted Chilled Fruit	Fresh Whole Fruit & Assorted Chilled Fruit
	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk

**HIGH: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate or strawberry.**

**School Foodservice Information**

Price: \$2.75, paid, \$.40 reduced\*, free\* (\*if qualified)

Adult Price: \$3.40

No advance registration necessary! All students are welcome every day!

Shelly Farris, **Director of Dining Services**

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Chartwell's new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

**Our guidelines:**

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

Continue Chartwell's' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce

**To learn more about Chartwell's go to [www.EatLearnLive.com](http://www.EatLearnLive.com)**

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