



Dundee Middle School LUNCH MENU December 4-8, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Campbell's Tomato Soup Toasted Triple Cheese Sandwich		Made to Order Sub! Featuring Fresh Baked Sub Buns, Wraps, Bread Choice of Assorted Lunch Meat and Fresh Vegetables	Chicken Tenders & Waffles Seasoned Peas	Viking Bowl!! Mashed Potatoes & Chicken Bowl with WG Dinner Roll
BOS					
2^{mate}	Daily Selections: Classic Cheese & Pepperoni Pizza				
	Cheesy French Bread Pizza	Cheese Stuffed Breadsticks w/Marinara	Veggie Pizza	Pepperoni & Cheese Calzone	Meatball Pizza
grill'd	Philly Cheese Steak Classic Chicken Sandwich Cheeseburger	Mini Corn Dogs, Chicken Patty, Garlic Parm. Turkey Burger	Turkey and Cheese Flatbread, Greek Chicken Sandwich, Cheeseburger w/ Fries	Three Cheese Pretzel Sandwich, Chicken Patty, Toasted Turkey Melt	Mozz & Pep. Panini, Buffalo Chix Sandwich, Cheeseburger
ON THE GO	Cobb Salad w/ Turkey, Blueberry Parfait with Granola	Mandarin Chicken Salad, Turkey & Cheese Pinwheels, Apple Cinnamon Parfait	Curry Chicken Salad Plate, Roasted Italian Vege Wrap, Blueberry Parfait with Granola	Buffalo Chicken & Barley Salad, Turkey Ham & Cheddar Wrap, Apple Cinnamon Parfait	Vegan Mediterranean Salad, Chicken Ranch Wrap, Blueberry Parfait with Granola
SONO CELEBRATE LATIN		Chicken & Cheese Quesadilla, Turkey Nachos, Cilantro Lime Rice			

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

Spinach and Cranberry Salad	Spinach and Cranberry Salad	Spinach and Cranberry Salad	Spinach and Cranberry Salad	Spinach and Cranberry Salad
Corn & Black Bean Salad with Salsa	Cilantro Lime Coleslaw	Creamy Carrot & Raisin Salad	Creamy Carrot & Raisin Salad	Corn & Black Bean Salad with Salsa
Power Peas, Baby Carrots	Garbanzo Beans	Marinated Cool Cucumbers, Fresh Cherry Tomatoes	Kidney Beans	Sliced Cucumbers, Baby Carrots
100% Fruit Juice	Fresh Broccoli Florets	100% Fruit Juice	Fresh Celery Sticks	100% Fruit Juice
Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, 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



MIDDLE: 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

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