



Dundee High School LUNCH MENU February 5-9, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Cheesy Baked Pasta Savory Green Beans Garlic Bread	Home-Style Meatloaf Mashed Potatoes & Gravy Seasoned Broccoli Homemade Corn Bread	Freshly Baked Potato Seasoned Broccoli Vegetarian Chili Dinner Roll	Deli Bar! Fresh Made Sub Buns, Choice of assorted Lunch Meat, and Cheese topped with fresh Vegetables	Viking Bowl!! Popcorn Chicken, Mashed Potatoes, Seasoned Corn, Garlic Twist
2^{mate}	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Cheese Burger Pizza	Pepperoni Calzone	Heart Shaped Personal Pizza	Aloha Pizza	Veggie Pizza
grill'd	Italian Meatball Sub, Spicy Chicken Patty, Classic Cheeseburger	Buffalo Chicken Panini, Chicken Cordon Blue Sandwich, Mushroom & Swiss Burger, Sweet Potato Tots	Toasted Ham & Swiss, Crispy Chicken Tenders w/Breadstick, Jalapeno Cheeseburger, Seasoned Broccoli	Three Cheese Pretzel Sandwich, Classic Chicken Sandwich, Turkey Patty Melt, Tater Tots	Crispy Fish Filet, BBQ Cheddar Chicken Sandwich, Cheeseburger, Seasoned Corn
SO DELI	Made to order sandwich and salad bar with your choice of: Assorted deli meats, cheeses & toppings on your choice of bread. Salads Offered with Dinner Roll.				
ON THE GO	Strawberry Chicken Salad w/ WG Roll, Turkey Ranch Wrap, Strawberry Parfait w/Granola	Popcorn Chicken Salad w/WG Roll, Curried Chicken Salad sandwich, Blueberry Parfait w/Granola	Turkey Ham Chef Salad w/WG Roll, Tuna Salad Sub, Apple Cinnamon Parfait w/ Granola	Chicken Penne Pasta, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola	Chicken Apple Cheddar Salad w/WG Dinner Roll, Turkey Ham & Cheese Hoagie, Apple Cinnamon Parfait with Granola
SONO <small>CELEBRATE LATIN</small>	Beef Enchiladas, Chicken Fajitas, Seasoned Black Beans, Cilantro Lime Rice	Buffalo Ranch Chicken Quesadilla, Beef Nachos, Mexican Style Refried Beans, Cilantro Lime Rice	Bean & Cheese Quesadilla, Turkey Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Fajita Style Chicken Seasoned Beef Taco Meat, Seasoned Corn, Cilantro Lime Rice	Fish Taco's, Seasoned Beef Taco Meat, Seasoned Black Beans, Cilantro Lime Rice
Available with all meals - minimum of 1/2 cup fruit vegetable					
EXTRA! EXTRA!	Hearty Spinach & Vegetable Salad	Hearty Spinach & Vegetable Salad	Hearty Spinach & Vegetable Salad	Colorful Tossed Salad	Hearty Spinach & Vegetable Salad
	Marinated Tomato & Cucumber Salad	Pea Salad	Asian Pinto Bean Salad	Pea Salad	Asian Pinto Bean Salad
	Cauliflower Florets, Green Peas & Carrots	Homestyle Potato Salad	Cool Cucumbers, Cauliflower, Cherry Tomatoes	Kidney Beans, Fresh Celery Sticks, Carrots	Sliced Cucumbers & Baby Carrots
	100% Fruit Juice	Garbanzo Beans, Fresh Broccoli	100% Fruit Juice	Cantaloupe Cubes	Cantaloupe Cubes
	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.

USDA is an equal opportunity provider and employer.

School Foodservice Information

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

Adult Price: \$3.55

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

Shelly Farris, Director of Dining Services

734-529-2350 X11014, shelita.farris@dundee.k12.mi.us

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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