



Dundee High School LUNCH MENU January 8-12, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Cheesy Baked Pasta Savory Green Beans Garlic Bread	Asian Bar!! Made to order! Sweet & Sour Chicken Orange Chicken Stir Fry WG Dinner Roll	Baked Potatoes Bar! Seasoned Broccoli, Homemade Vegetarian Chili, Creamy Cheese sauce, WG Dinner Roll	So Deli! 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
2nd mate	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Cheeseburger Pizza	Pepperoni & Cheese Calzone	Brooklyn Style Pepperoni Flatbread	Aloha Pizza	Veggie Pizza
grill'd	Italian Meatball Sub, Spicy Chicken Sandwich, 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	Three Cheese Pretzel Sandwich, Chicken Patty, Toasted Turkey Melt	Crispy Fish Filet Sandwich, BBQ Cheddar Chicken Sandwich, Classic Cheeseburger
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/Dinner 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 w/WG Roll, Honey Mustard Turkey Ham & Cheese, Blueberry Parfait w/Granola	Chicken Penne Pasta w/WG Roll, Honey Mustard Turkey Ham & Cheese, Blueberry Parfait w/Granola
SONO <small>CELEBRATE LATIN</small>	Beef Enchiladas, Chicken Fajitas, Mexican Style Refried Beans	Mexican Style Refried Beans, Chicken Fajita, Seasoned Taco Beef	Bean & Cheese Quesadilla, Turkey Taco Meat, Mexican Style Refried Beans	Mexican Style Refried Beans, Chicken Fajita, Seasoned Taco Beef	Fish Tacos, Seasoned Taco Beef, Mexican Style Refried Beans

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

EXTRA EXTRA	Spinach & Vegetable Salad	Spinach & Vegetable Salad	Spinach & Vegetable Salad	Spinach & Vegetable Salad	Spinach & Vegetable Salad
	Marinated Tomato & Cucumber Salad	Marinated Tomato & Cucumber Salad	Asian Pinto Bean Salad, Cauliflower Florets	Pea Salad	Asian Pinto Bean Salad
	Power Peas & Baby Carrots	Sweet Potato Salad	Marinated Cucumbers, Fresh Cherry Tomatoes	Cantaloupe Cubes	Sliced Cucumbers, Fresh Baby Carrots
	100% Fruit Juice	Garbanzo Beans, Fresh Broccoli	100% Fruit Juice	Fresh Celery Sticks, Kidney Beans, Baby Carrots	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: \$3.55

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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