



Dundee Middle School LUNCH MENU January 8-12, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Italian Baked Pasta, Savory Green Beans, WG Toasted Garlic Bread	Walking Beef Taco, Chicken Fajitas, Refried beans, Cilantro Lime Rice	Make your Own Parfait! Vanilla or Strawberry Yogurt, Homemade Granola, Cinnamon Breadstick, Strawberries, Blueberries, Pineapple Tidbits	Chicken Tenders & Waffles Seasoned Peas	Viking Bowl!! Mashed Potatoes & Chicken Bowl with WG Dinner Roll
BOS					
2^{mate}	Daily Selections: Classic Cheese & Pepperoni Pizza				
	Cheeseburger Pizza	Pepperoni & Cheese Calzone	Brooklyn Style Pepperoni Pizza	Aloha Pizza	Veggie Pizza
grill'd	Italian Meatball Sub, Spicy Chicken Sandwich, Cheeseburger	Buffalo Chicken Panini, Chicken Sandwich, Garlic Parmesan 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	Tuna Salad Sub, 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		Walking Beef Taco, Chicken Fajitas			

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: \$3.55

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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