



Dundee High School LUNCH MENU May 1- May 5, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Sweet and Sour Chicken, Lo Mein Noodles, Sesame Green Beans and a Crunchy Topping	Toss Your own Pasta! Chicken Alfredo and Garlic Bread	Wing Bar - Hot and Spicy or Traditional with Fresh Vegetable Medley and Macaroni and Cheese	Deli Special: Broccoli and Cheese Soup	Viking Bowl Friday's! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a WG Dinner Roll
2^omato	Daily Selections: Classic Cheese Pizza				
	Pepperoni Pizza	Crispy Chicken Parmesan Pizza	Pizza Bagels	Garlic Chicken Flatbread	Pepperoni Pizza
grill'd	Available Daily in the Ala Carte Room: FROZEN YOGURT IS HERE! ASSORTED TOPPINGS Daily Sandwich Special, Crispy Chicken Patty Sandwich, Classic American Cheeseburger, Bosco Sticks, Seasoned Fries, WG Soft Pretzels, and Tortilla Chips w/Cheese. Served with a variety of Smart Snacks and Beverages.				
SO DELI	Available Tuesdays, and Thursdays: 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	Grab & Go Parfaits, Yogurt or Smoothies. - Peach Parfait or Strawberry Parfait				
SONO CELEBRATE LATIN	Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexicali Corn,				
EXTRA EXTRA	Available with all meals - minimum of 1/2 cup fruit or vegetable Available Daily: Fresh Apples, Oranges, and Other Assorted Chilled Fruit				
	Seasoned Peas	Spicy Roasted Garbanzo Beans	Power Carrots and Celery	Spicy Roasted Garbanzo Beans	Broccoli, Carrots, and Cauliflower
	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
	Grape Tomatoes/Sliced Cucumbers	Grape Tomatoes/Sliced Cucumbers	Grape Tomatoes/Sliced Cucumbers	Grape Tomatoes/Sliced Cucumbers	Grape Tomatoes/Sliced Cucumbers
	Whole Apples and Oranges	Whole Apples and Oranges	Whole Apples and Oranges	Whole Apples and Oranges	Whole Apples and Oranges
	Kiwi and Pineapple	Cantaloupe and Pineapple	Kiwi	Cantaloupe and Pineapple	Power Carrots and Celery
	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
	Fat-Free Chocolate or Strawberry Milk	Fat-Free Chocolate or Strawberry Milk	Fat-Free Chocolate or Strawberry Milk	Fat-Free Chocolate or Strawberry Milk	Fat-Free Chocolate or 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 skim 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, **Interim Director of Dining Services**

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Chartwells 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 Chartwells' 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 Chartwells go to www.EatLearnLive.com

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