



## Dundee Middle School LUNCH MENU October 2-6, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Macaroni & Cheese w/ WG Dinner Roll, Seasoned Carrots Seasoned Peas		Philly Cheese Steak or Chicken Cheese Steak, Sautéed Onions and Peppers, Sautéed Mushrooms, Tater Tots	Orange Chicken Stir-Fry, Lucky Fried rice, Crunchy Asian Topping, Sesame Green Beans	Pasta Bar! Featuring Italian Meat Sauce, Alfredo Sauce, Chicken Alfredo, Roasted Summer Squash, Sautéed mushrooms and Seasoned Peas
<b>2<sup>matto</sup></b>	<b>Daily Selections: Classic Cheese &amp; Pepperoni Pizza</b>				
	Garlic Chicken Pizza	Hawaiian Pizza	Cheese Stuffed Breadsticks w/ Marinara Sauce	Beef Taco Pizza	Spinach Ricotta Pizza
<b>grill'd</b>	Spicy Chicken Sandwich Baked Mozz. Sticks w/ Marinara Classic American Cheeseburger	Three Cheese Pretzel Sandwich, Chicken Patty, Italian Turkey Sandwich	Mozzarella and Tomato Panini, Spicy Chicken Patty, Cheeseburger with Fries	BBQ Rib Sandwich, Chicken Patty, Cheese Burger	Crispy Fish Sandwich w/Cheese, Spicy Chicken Sandwich, Cheeseburger
<b>ON THE GO</b>	Simple Egg Salad Sandwich Pineapple Parfait w/Granola Greek Salad Sandwich w/ Chicken	Popcorn Chicken Salad, Turkey & Cheddar On Ciabatta Roll, Strawberry Parfait with Granola	Turkey Ham & Turkey Chef Salad, Tuna Salad Sub, Pineapple Parfait with Granola	Garden Salad w/Cheese, Chicken salad Sandwich on Ciabatta, Strawberry Parfait with Granola	Antipasta Salad, Chicken Caesar Wrap, Pineapple Parfait with Granola
<b>SONO</b> CELEBRATE LATIN		Baja Beef Bowl, Seasoned Beef Tacos, Nachos, Burrito, Cilantro lime Rice, Seasoned Black Beans			

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

Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad
Marinated Cool Cucumbers	Fresh Broccoli & Carrots	Broccoli Ranch Salad with Carrots	Homestyle Potato Salad	Broccoli Ranch Salad with Carrots
Power Peas	Green Bean Salad	Marinated Cool Cucumbers	Green Bean Salad	Cucumber Slices, Baby Carrots
Fresh Cherry Tomatoes	Garbanzo Beans	Cherry Tomatoes, 100% Fruit Juice	Kidney Beans, Celery Sticks	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

**EXTRA EXTRA!**

**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 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, **Director of Dining Services**

734-529-2350 X11014, Shelita.Farris@dundee.k12.mi.us

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](http://www.EatLearnLive.com)**

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