



Dundee Middle School LUNCH MENU October 23-27, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Chicken Parmesan w/WG Pasta, Roasted Fall Vegetables, WG Garlic Bread, Seasoned Cauliflower	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Crispy Chicken Tenders w/ WG Waffle, Sweet Potato Puffs	Viking Bowl!! Popcorn Chicken, Mashed Potatoes, Corn, Shredded Cheddar Cheese, WG Dinner Roll, Steamed Broccoli	Make Your own Flat Bread! Choice of Buffalo Chicken Dip or Garlic Rosemary Bean Dip, assorted Fresh Vegetables for Toppings
2^{mate}	Daily Selections: Classic Cheese & Pepperoni Pizza				
	Italian Sausage Flatbread	Aloha Pizza with Turkey Ham	Meatball Pizza	South of the Border Chicken Pizza	Cheese Flatbread Pizza
grill'd	Greek Beef & Tzatziki Sandwich, Spicy Chicken Patty, Ch. Burger	Mozz. & Mushroom Panini, Chicken Patty, BBQ Turkey Burger	Monte Cristo w/ Turkey Ham, Spicy Chicken Patty, Ch. Burger, French Fries	Mini Corn Dogs, Chicken Patty, Mushroom & Swiss Turkey Burger	Cuban Pork, Ham & Swiss Sub, Ital. Chicken Parm Sand, Cheeseburger
ON THE GO	Cobb Salad, Apple Cinnamon Parfait with Granola	Chef's Shaker Salad w/ Wheat Berries, Turkey & Cheese Pinwheels, Blueberry Parfait	Sweet n' Savory Kale Salad, Turkey & Swiss on Pretzel Roll, Apple Cinnamon Parfait	Buffalo Popcorn Chicken Salad, Turkey Ham & Cheddar Wrap, Blueberry Parfait	Vegan Mediterranean Salad, Chicken Ranch Wrap, Apple Cinnamon Parfait w/ Granola
SONO CELEBRATE LATIN		Turkey Macho Nachos, Fajita Chicken, Vegetarian Refried Beans, Cilantro Lime Rice			

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



Coloful Tossed Salad	Coloful Tossed Salad	Coloful Tossed Salad	Coloful Tossed Salad	Coloful Tossed Salad
Chilled Sesame Broccoli Salad	Citrus Chik Pea Salad	Chilled Sesame Broccoli Salad	Citrus Chik Pea Salad	Chilled Sesame Broccoli Salad
Power Peas & Baby Carrots	Sweet Corn Salad w/ Ranch Dressign	Marinated Cucumbers Fresh Cherry Tomatoes	Sweet Corn Salad w/ Ranch Dressing	Sliced Cucumbers, Fresh Baby Carrots
100% Fruit Juice	Garbanzo Beans, Fresh Broccoli	100% Fruit Juice	Kidney Beans, 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: \$3.40

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

Shelly Farris, **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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