



Dundee High School LUNCH MENU October 2-6, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Italian Beef Meatballs WG Spaghetti Seasoned Peas Roasted Italian Vegetables	Deli Bar! Make your own Salad or Sub on Fresh Baked Bread	Pilly Cheese Steak or Chicken Cheese Steak with Fresh Sautéed Onions, Peppers, Mushrooms, Tater Tots	Deli Bar! Make your own Salad or Sub on Fresh Baked Bread	Viking Bowl Friday! Popcorn Chicken, Mashed Potatoes, Corn, Gravy, Cheddar Cheese w/WG Dinner Roll
2^{mate}	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Garlic Chicken Pizza	Hawaiian Pizza	Bosco Stick's with Marinara Sauce	Beef Taco Pizza	Steak and Cheese Flatbread
grill'd	Spicy Chicken Patty Classic American Cheeseburger Baked Mozzarella Sticks w/ Marinara	Classic Cheeseburger Chicken Patty Italian Turkey Parm Burger	Spicy Chicken Patty Tuscan Chicken Sandwich Cheeseburger Baked French Fries	BBQ Rib-B-Q Sandwich Chicken Patty American Cheeseburger	Crispy Fish Sandwich Spicy Chicken Patty American 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 WG Dinner Roll.				
ONE THE GO	Simple Egg Salad Sandwich Greek Salad w/chicken Pineapple Parfait w/Granola	Popcorn Chicken Salad w/WG Roll, Curry Chicken Salad Sandwich, Strawberry Parfait w/ Granola	Turkey Ham & Turkey Chef Salad, Pineapple Parfait w/ Granola, Tuna Salad Sub	Mixed Greens Salad w/ Cheese & WG Roll, Hummus and Feta Wrap, Strawberry Parfait w/ Granola	Anitpasta Italiano Salad w/ WG Roll, Ham & Swiss on Pretzel Roll, Pineapple Parfait w/ Granola
SONO <small>CELEBRATE LATIN</small>	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro lime Rice	Chicken Fajita, Seasoned Taco Meat, Seasoned Black Beans, Cilantro lime Rice	Pork Carnitas, Turkey Taco Meat, Seasoned Black Beans, Cilantro lime Rice	Buffalo Ranch Chicken Quesadilla, Taco Meat, Seasoned Black Beans, Cilantro lime Rice	Beef Enciladas, Turkey Taco Meat, Seasoned Black Beans, Cilantro Lime Rice, Cheddar Cheese
Available with all meals - minimum of 1/2 cup fruit vegetable					
EXTRA! EXTRA!	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad
	Marinated Cool Cucumbers	Broccoli Ranch Salad w/Carrots	Green Bean Salad	Broccoli Ranch Salad w/ Carrots	Green Bean salad
	Fresh Cherry Tomatoes, Power Peas	Baby Carrots, Broccoli Florets, Garbanzo Beans	Marinated Cucumbers, Fresh Cherry Tomatoes	Homestyle Potato Salad, Kidney Beans, Celery	Sliced Cucumbers, Fresh Baby Carrots
	Assorted Chilled Fruit	Assorted Chilled Fruit	100% Fruit Juice	Assorted Chilled Fruit	100% Fruit Juice
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole 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

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 Lunch: \$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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