



## Dundee High School LUNCH MENU April 3 - April 7, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Sweet and Sour Chicken, Lo Mein Noodles, Sesame Green Beans and a Crunchy Topping	<b>Made to Order Pasta Toss!</b> <b>Deli Special: Broccoli and Cheese Soup</b>	Wing Bar - Hot and Spicy or Traditional with Fresh Vegetable Medley and Macaroni and Cheese	<b>Deli Special: Broccoli and Cheese Soup</b>	Viking Bowl Friday's! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a WG Dinner Roll
<b>2<sup>o</sup>mato</b>	<b>Daily Selections: Classic Cheese Pizza</b>				
	Pepperoni Pizza	Crispy Chicken Parmesan Pizza	Pizza Bagels	Garlic Chicken Flatbread	Pepperoni Pizza
<b>grill'd</b>	<b>Available Daily in the Ala Carte Room: FROZEN YOGURT IS HERE! ASSORTED TOPPINGS</b> 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.				
<b>SO DELI</b>	<b>Available Tuesdays, and Thursdays:</b> <b>Made to order sandwich and salad bar with your choice of:</b> <b>Assorted deli meats, cheeses &amp; toppings on your choice of bread. Salads Offered with Dinner Roll.</b>				
<b>ON THE GO</b>	<b>Grab &amp; Go Parfaits, Yogurt or Smoothies. - Peach Parfait or Strawberry Parfait</b>				
<b>SONO</b> CELEBRATE LATIN	<b>Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce &amp; other Assorted Fresh Toppings.</b>				
<b>EXTRA EXTRA</b>	<b>Available with all meals - minimum of 1/2 cup fruit or vegetable</b> <b>Available Daily: Fresh Apples, Oranges, and Other Assorted Chilled Fruit</b>				
	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!

**Jennifer Gay, Director of Dining Services**

734-529-2350 X11014, Jennifer.Gay@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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USDA is an equal opportunity provider and employer.



## Dundee High School LUNCH MENU April 10 - April 14, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Savory Baked Potato, Fresh Sliced Onion, All Beef Chili and other toppings.	<b>SONO Special Buffalo Chicken Quesadilla</b>  <b>Deli Special: Mini Meatball Italiano Tomato Soup</b>	<b>Viking Bowl on Wednesday!</b> <b>Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a WG Dinner Roll</b>	<b>Deli Special: Mini Meatball Italiano Tomato Soup</b>	Spring Break Begins!
<b>2<sup>nd</sup> mateo</b>	<b>Daily Selections: Classic Cheese Pizza</b>				
	Pepperoni Pizza	Pepperoni Pizza Bosco Sticks	Pepperoni Pizza Meatball Pizza	Italian Sausage Flatbread	
<b>grill'd</b>	<b>Available in the Ala Carte Room:</b> Crispy Chicken Patty Sandwich, Classic American Cheeseburger, Chicken Poppers, Baked Mozzarella Cheese Sticks (available on select days), Chicken Rings and Mozzarella Sticks (available on select days), Seasoned Fries, WG Soft Pretzels, and Tortilla Chips w/Cheese. Served with a variety of Smart Snacks and Beverages.				
<b>SO DELI</b>	<b>Available, Tuesday, and Thursday:</b> 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.				
<b>ON THE GO</b>	<b>Grab &amp; Go Parfaits, Yogurt or Smoothies - Peach Parfait and Banana Split Smoothie</b>				
<b>SONO CELEBRATE LATIN</b>	<b>Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce &amp; other Assorted Fresh Toppings</b>				
<b>EXTRA! EXTRA!</b>	<b>Available with all meals - minimum of 1/2 cup fruit or vegetable</b> <b>Available Daily: Fresh Apples, Oranges, and Other Assorted Chilled Fruit</b>				
	Seasoned Peas	Spicy Roasted Garbanzo Beans	Power Celery Sticks and Carrots	Savory Green Beans	
	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	
	Pineapple and Kiwi	Pineapple and Canteloupe	Kiwi	Pineapple and Canteloupe	
	Whole Apples and Oranges	Whole Apples and Oranges	Whole Apples and Oranges	Whole Apples and Oranges	
	1% Low-Fat Milk/ Fat-Free Chocolate & Strawberry Milk	1% Low-Fat Milk/ Fat-Free Chocolate & Strawberry Milk	1% Low-Fat Milk/ Fat-Free Chocolate & Strawberry Milk	1% Low-Fat 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 strawberry.**

**School Food Service Information**  
Price: \$2.75, paid, \$.40 reduced\*, free\* (\*if qualified)

Adult Price: \$3.40

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

**Jennifer Gay, 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

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# Dundee High School LUNCH MENU April 17 - April 21, 2017

Monday

Tuesday

Wednesday

Thursday

Friday

create

Enjoy your break!



Daily Selections: Classic Cheese Pizza

grill'd

SO DELI

ON THE GO



Available with all meals - minimum of 1/2 cup fruit or vegetable  
Available Daily: Fresh Apples, Oranges, and Other Assorted Chilled Fruit

EXTRA EXTRA!!

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## Dundee High School LUNCH MENU April 24 - April 28, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Breakfast For Lunch! French Toast Sticks or Pancakes with Fresh Strawberries and Whipped Topping, Cherry Crisp, Pork Sausage Patties	<b>Deli Special:</b> <b>Broccoli and Cheese Soup</b>	Chicken Parmesan, Italian Baked Pasta, Fresh Broccoli Florets	<b>Deli Special:</b> <b>Broccoli and Cheese Soup</b>	Viking Bowl Friday's! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a WG Dinner Roll
<b>2<sup>nd</sup> mate</b>	<b>Daily Selections: Classic Cheese Pizza</b>				
	Pepperoni Pizza	Italian Sausage Pizza	Pepperoni Pizza	Chicken Alfredo and Broccoli Pizza	Pepperoni Pizza
<b>grill'd</b>	<b>Available in the Ala Carte Room:</b> Crispy Chicken Patty Sandwich, Classic American Cheeseburger, Chicken Poppers, Baked Mozzarella Cheese Sticks (available on select days), Chicken Rings and Mozzarella Sticks (available on select days), Seasoned Fries, WG Soft Pretzels, and Tortilla Chips w/Cheese. Served with a variety of Smart Snacks and Beverages.				
<b>SO DELI</b>	<b>Available, Tuesday, and Thursday:</b> <b>Made to order sandwich and salad bar with your choice of:</b> <b>Assorted deli meats, cheeses &amp; toppings on your choice of bread. Salads Offered with Dinner Roll.</b>				
<b>ON THE GO</b>	<b>Grab &amp; Go Parfaits, Yogurt or Smoothies. Chicken Ceasar Pasta Shaker            Crunchy Apple Cinnamon Parfait or Peachy Strawberry Smoothie</b>				
<b>SONO</b> <small>CELEBRATE LATIN</small>	<b>Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans,            Mexican Rice, Mild Cheese Sauce &amp; other Assorted Fresh Toppings</b>				
<b>EXTRA EXTRA!</b>	<b>Available with all meals - minimum of 1/2 cup fruit or vegetable</b> <b>Available Daily: Fresh Apples, Oranges, and Other Assorted Chilled Fruit</b>				
	Seasoned Peas	Spicy Roasted Garbanzo Beans	Power Carrot and Celery Sticks	Spicy Roasted Garbanzo Beans	Power Carrot and Celery Sticks
	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
	Sliced Cucumbers & Tomatoes	Sliced Cucumbers & Tomatoes	Sliced Cucumbers & Tomatoes	Sliced Cucumbers & Tomatoes	Sliced Cucumbers & Tomatoes
	Pineapple and Kiwi	Pineapple and Canteloupe	Kiwi	Pineapple and Canteloupe	Kiwi
	Whole Apples and Oranges	Whole Apples and Oranges	Whole Apples and Oranges	Whole Apples and Oranges	Whole Apples and Oranges
	1% Low-Fat Milk/ Fat- Free Chocolate & Strawberry Milk	1% Low-Fat Milk/ Fat- Free Chocolate & Strawberry Milk	1% Low-Fat Milk/ Fat- Free Chocolate & Strawberry Milk	1% Low-Fat Milk/ Fat- Free Chocolate & Strawberry Milk	1% Low-Fat Milk/ Fat- Free Chocolate & Strawberry Milk

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