



Dundee High School LUNCH MENU February 1 - February 3, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create			Boneless Wing Bar with Assorted Sauces, Curly Fries, Power Carrots & Super Celery Sticks		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 and Pepperoni Pizza				
grill'd	<p>Available in the Ala Carte Room:</p> <p>Crispy Chicken Patty Sandwich, Classic American Cheeseburger, Chicken Poppers, Baked Mozzarella Cheese Sticks, Chicken Rings and Mozzarella Sticks (Combo Basket), Seasoned Fries, WG Soft Pretzels, and Tortilla Chips w/Cheese.</p> <p>Served with a variety of Smart Snacks and Beverages.</p>				
SO DELI	<p>Available Tuesdays, and Thursdays:</p> <p>Made to order sandwich and salad bar with your choice of:</p> <p>Assorted deli meats, cheeses & toppings on your choice of bread. Salads Offered with Dinner Roll.</p>				
ON THE GO	Grab & Go Parfaits, Yogurt or Smoothies.				
SONO CELEBRATE LATIN	Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce & other Assorted Fresh Toppings.				
EXTRA EXTRA	Available with all meals - minimum of 1/2 cup fruit or vegetable Available Daily: Fresh Apples, Oranges, and Other Assorted Chilled Fruit				
			Garbanzo Beans	Chilled Mandarin Oranges	Seasoned Peas
			Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
			Sliced Tomatoes & Cucumbers	Sliced Tomatoes & Cucumbers	Sliced Tomatoes, Cucumber, & Onions
			Sweet Corn Salad w/ Ranch Dressing	Sweet Corn Salad w/ Ranch Dressing	Sweet Corn Salad w/ Ranch Dressing
			Apple Juice	Orange juice	Apple Juice
			1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
			Fat-Free Chocolate Milk	Fat-Free Chocolate Milk	Fat-Free Chocolate 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

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

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Dundee High School LUNCH MENU February 6 - February 10, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Maple Glazed French Toasts Sticks w/ Syrup, English Muffin Egg Sandwich, Pork Sausage Links, Crispy Turkey Bacon, Tater Tots, and a Fresh WG Biscuit	*Loaded Baked Potato Soup Served All Week	As Requested! Traditional Chicken Wings, Macaroni and Cheese, Baked Beans, and Curly Fries		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	Pepperoni Pizza	Italian Sausage Flatbread	Pepperoni Pizza	Meat Lover's Pizza
grill'd	Available in the Ala Carte Room: Crispy Chicken Patty Sandwich, Classic American Cheeseburger, Chicken Poppers, Baked Mozzarella Cheese Sticks, Chicken Rings and Mozzarella Sticks (Combo Basket), Seasoned Fries, WG Soft Pretzels, and Tortilla Chips w/Cheese. Served with a variety of Smart Snacks and Beverages.				
SO DELI	Available, Tuesday, and Thursday: 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, Fresh Made Daily Deli Sandwiches and/or Salads				
SONO <small>CELEBRATE LATIN</small>	Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce & other Assorted Fresh Toppings				
EXTRA	Available with all meals - minimum of 1/2 cup fruit or vegetable Available Daily: Fresh Apples, Oranges, and Other Assorted Chilled Fruit				
	Chilled Pears	Chilled Peaches	Garbanzo Beans	Chilled Mandarin Oranges	Fresh Orange Wedges
	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
	Sliced Onions, Cucumbers & Tomatoes	Seasoned Corn	Pineapple	Seasoned Corn/Sliced Tomatoes	Sliced Onions, Cucumbers & Tomatoes
	Power Celery Sticks and Carrots	Power Celery Sticks and Carrots	Power Celery Sticks and Carrots	Power Celery Sticks and Carrots	Power Celery Sticks and Carrots
	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice
	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

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.

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

Adult Price: \$3.40

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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 February 13 - February 17, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Breakfast Viking Bowl! Cheesy Scrambled Eggs Tator Tots, Crispy Bacon Bacon Topped with Country Gravy Served with a Biscuit		General Tso's Chicken, Lucky Fried Rice, Vegetabel Egg Roll, Crispy Buffalo Roasted Cauliflower		District Half Day, Sack Lunches Available - Make Sure to Sign Up!
2^{matco}	Daily Selections: Classic Cheese Pizza				
	Chicken & Cheese Flatbread	Pepperoni Pizza	Chicken Parmesan Calzone	Pepperoni Pizza	
grill'd	Available in the Ala Carte Room: Crispy Chicken Patty Sandwich, Classic American Cheeseburger, Chicken Poppers, Baked Mozzarella Cheese Sticks, Chicken Rings and Mozzarella Sticks (Combo Basket), Seasoned Fries, WG Soft Pretzels, and Tortilla Chips w/Cheese. Served with a variety of Smart Snacks and Beverages.				
SO DELI	Available, Tuesday, and Thursday: 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, Fresh Made Daily Deli Sandwiches and/or Salads				
SONO <small>CELEBRATE LATIN</small>	Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce & other Assorted Fresh Toppings				
EXTRA! EXTRA!	Available with all meals - minimum of 1/2 cup fruit or vegetable Available Daily: Fresh Apples, Oranges, and Other Assorted Chilled Fruit				
	Chilled Pears	Chilled Peaches	Pineapple	Mandarin Oranges	
	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	
	Sliced Onions, Cucumbers & Tomatoes	Sliced Cucumbers & Tomatoes	Sliced Cucumbers & Tomatoes	Sliced Cucumbers & Tomatoes	
	Sweet Corn Salad w/ Ranch Dressing	Sweet Corn Salad w/ Ranch Dressing	Sweet Corn Salad w/ Ranch Dressing	Sweet Corn Salad w/ Ranch Dressing	
	Apple Juice	Orange Juice	Apple Juice	Orange Juice	
	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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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

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Dundee High School LUNCH MENU February 20 - February 24, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	NO SCHOOL		Italian Meatball Sub, Crispy Chicken Parmesan with WG Penne Pasta, Marinara and Seasoned Cheesy Broccoli		Viking Bowl Friday's! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a WG Dinner Roll
	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
grill'd	Available in the Ala Carte Room: Crispy Chicken Patty Sandwich, Classic American Cheeseburger, Chicken Poppers, Baked Mozzarella Cheese Sticks, Chicken Rings and Mozzarella Sticks (Combo Basket), Seasoned Fries, WG Soft Pretzels, and Tortilla Chips w/Cheese. Served with a variety of Smart Snacks and Beverages.				
SO DELI	Available, Tuesday, and Thursday: 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, Fresh Made Daily Deli Sandwiches and/or Salads				
	Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce & other Assorted Fresh Toppings				
EXTRA! EXTRA!	Available with all meals - minimum of 1/2 cup fruit or vegetable				
	Available Daily: Fresh Apples, Oranges, and Other Assorted Chilled Fruit				
		Peachy Summer Salad	Pineapple/Garbanzo Beans	Peachy Summer Salad	Peachy Summer 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
		Ham & Cheddar Pasta Salad	Ham & Cheddar Pasta Salad	Ham & Cheddar Pasta Salad	Ham & Cheddar Pasta Salad
	Orange Juice	Apple Juice	Orange Juice	Orange Juice	
	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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SIMPLY GOOD

Dundee High School LUNCH MENU February 27 - February 28, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Chicken Noodle Soup WG Salines Toasted Cheese Sandwich Shredded Cheddar Cheese				
	Daily Selections: Classic Cheese Pizza				
	Bacon Cheeseburger, Pepperoni Pizza	Pepperoni Pizza			
grill'd	Available in the Ala Carte Room: Crispy Chicken Patty Sandwich, Classic American Cheeseburger, Chicken Poppers, Baked Mozzarella Cheese Sticks, Chicken Rings and Mozzarella Sticks (Combo Basket), Seasoned Fries, WG Soft Pretzels, and Tortilla Chips w/Cheese. Served with a variety of Smart Snacks and Beverages.				
SO DELI	Available, Tuesday, and Thursday: 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, Fresh Made Daily Deli Sandwiches and/or Salads				
	Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce & other Assorted Fresh Toppings				
EXTRA! EXTRA!	Available with all meals - minimum of 1/2 cup fruit or vegetable Available Daily: Fresh Apples, Oranges, and Other Assorted Chilled Fruit				
	Chilled Pears	Peachy Summer Salad			
	Tossed Green Salad	Tossed Green Salad			
	Sliced Onions, Cucumbers & Tomatoes	Sliced Cucumbers & Tomatoes			
	Sweet Corn Salad	Sweet Corn Salad			
	Apple Juice	Orange Juice			
	1% Low-Fat Milk/ Fat-Free Chocolate & Strawberry Milk	1% Low-Fat Milk/ Fat-Free Chocolate & Strawberry Milk			

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