



## Dundee Middle & High School April Breakfast Menu

\*White 1% & Fat Free Chocolate available DAILY, Strawberry on Thursday

**Served Daily:** Fresh fruit, yogurt, cereal, cereal bars, muffins, bagels, pancakes, waffles, A full student breakfast includes a choice of entrée supplying protein and grain, choice of up to 2 fruit side dish (minimum of 1/2 cup), and a choice of milk. Fruit sides are included in each meal at our "Extra Extra Bar", up to one cup per meal. Please contact us for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
3  Sausage & Cheese Muffin  Meatless Breakfast Sandwich- Egg and Cheese	4  Egg & Cheese Pancake Sandwich  Turkey, Egg and Cheese on a Bagel  Meatless Breakfast Sandwich- Egg and Cheese	5  WG French Toast Sticks  Turkey, Egg and Cheese on a Bagel  Meatless Breakfast Sandwich- Egg and Cheese	6  Western Breakfast Popover Biscuit  Ham, Egg and Cheese Muffin Sandwich  Meatless Breakfast Sandwich- Egg and Cheese	7  Omelet  Sausage & Cheese Muffin Sandwich  Meatless Breakfast Sandwich- Egg and Cheese
10  WG Pancakes  Sausage & Cheese Muffin Sandwich  Meatless Breakfast Sandwich- Egg and Cheese	11  Apple Cinnamon Oatmeal  Turkey, Egg, and Cheese on a Bagel  Meatless Breakfast Sandwich- Egg and Cheese	12  Apple Peanut Butter Wrap  Turkey, Egg, and Cheese on a Bagel  Meatless Breakfast Sandwich- Egg and Cheese	13  Omelet  Ham, Egg and Cheese Muffin Sandwich  Meatless Breakfast Sandwich- Egg and Cheese	14  <b>Spring Break Begins!</b>
17  <b>NO</b>	18  <b>SCHOOL</b>	19  <b>ENJOY</b>	20  <b>THE</b>	21  <b>BREAK!</b>
24  Sausage and Cheese Muffin Sandwich  Meatless Breakfast Sandwich- Egg and Cheese	25  WG French Toast sticks  Pork Sausage Patty  Meatless Breakfast Sandwich- Egg and Cheese	26  WG Pancakes  Scrambled Eggs  Meatless Breakfast Sandwich- Egg and Cheese	27  Cinnamon Oatmeal  Ham, Egg and Cheese Muffin Sandwich  Meatless Breakfast Sandwich- Egg and Cheese	28  Sausage and Cheese Muffin Sandwich  Meatless Breakfast Sandwich- Egg and Cheese

**School Foodservice Information:**

**Breakfast Price: \$1.30 paid, \$.30 reduced, free (if qualified) \$1.65 Adult**

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

**Jennifer Gay, Director of Dining Services**

Jennifer.Gay@Dundee.k12.mi.us

734-529-2350 X11014

**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