



## Dundee High School LUNCH MENU October 1-5, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Breakfast for Lunch! Pancakes, Scramble Eggs with Cheddar Cheese, Home Fried Potatoes	Chicken Alfredo, Butternut Squash Macaroni & Cheese, Seasoned Broccoli, WG Garlic Toast	Cajun Roasted Pork Loin, Buttered Noodles, Dijon Glazed Carrots, WG Dinner Roll	Deli Bar!	Viking Bowl! Popcorn Chicken & Mashed Potatoes, Corn, Garlic Twist
<b>2<sup>mate</sup></b>	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Personal Cheese Pizza	Cheese Filled Breadsticks with Marinara	Philly Cheese Steak Pizza	Italian Sausage Flatbread	Pepperoni Calzone with Marinara
<b>grill'd</b>	Crispy Chicken Sandwich, Classic Cheeseburger, Bacon Cheeseburger, Home Fried Potatoes	Spicy Chicken Sandwich, Cheeseburger, Philly Cheese Steak	Chicken, Bacon & Swiss Sandwich, Grilled Chicken Sandwich, Jalapeno Cheeseburger, Seasoned Fries	Spicy Chicken Sandwich, Classic American Cheeseburger, Mozzarella and Pepperoni Panini	Crispy Chicken Sandwich, Classic American Cheeseburger, Taco Burger, Seasoned Fries
<b>SO DELI</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>	Chicken Caesar Salad with Roll, Turkey Ranch Wrap, Apple Cinnamon Parfait with Granola	Simple Egg Salad Sandwich, Turkey Cobb Salad with Roll, Blueberry Parfait with Granola	BBQ Chicken & Wild Rice Salad, Turkey Cheddar Ciabatta, Strawberry Parfait with Granola, Cheddar, Grapes and Cracker	Chicken Caesar Salad w/Roll, Ham & Swiss Pretzel Roll, Pineapple Parfait with Granola	Chicken Apple Salad Ciabatta Sandwich, Ham & Turkey Chef Salad w/Roll, Peach Parfait with Granola
<b>SONO</b> <small>CELEBRATE LATIN</small>	Fish Taco, Seasoned Taco Meat, Cilantro Lime Rice, Seasoned Black Beans	Chicken & Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Beef Enchilada, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Cheese Quesadilla, Seasoned Taco Meat, Refried Beans, Cilantro Lime Rice	Black Bean & Corn Nachos, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice
Available with all meals - minimum of 1/2 cup fruit or vegetable					
<b>EXTRA! EXTRA!</b>	Mixed Green Salad	Mixed Green Salad	Hearty Spinach & Vegetable Salad	Mixed Green Salad	Hearty Spinach & Vegetable Salad
	Broccoli Ranch salad with carrots	Broccoli Ranch Salad w/Carrots	Pea Salad	Home-Style Potato Salad	Asian Pinto Bean Salad
	Sliced Cucumbers, Fresh Baby Carrots	Cauliflower Florets	Fresh Cherry Tomatoes, Garbanzo Beans	Green Bean Salad	Fresh Celery Sticks
	100% Fruit Juice	Baby Carrot's	100% Fruit Juice	Sliced Cucumbers	100% Fruit Juice
	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit
	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
		1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat 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 1% Low Fat chocolate or strawberry.**

#### **School Foodservice Information**

Price: \$2.90, paid, \$.40 reduced\*, free\* (\*if qualified)

Adult Price: \$3.55

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

Shelly Farris, **Director of Dining Services**

734-529-2350 X11014, shelita.farris@dundee.k12.mi.us

Chartwell's 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 Chartwell's' 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 Chartwell's go to [www.EatLearnLive.com](http://www.EatLearnLive.com)**

#### **USDA Nondiscrimination Statement**

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

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## Dundee High School LUNCH MENU October 8-12, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Burger Bar! Cheese Burger, Turkey Cheeseburger, Black Bean Burger, Oven Baked Curly Fries, Vegetarian Baked Beans	Orange Glazed Chicken, Chicken and Vegetable Stir Fry, Sesame Green Beans, Asian Brown Rice, WG Dinner Roll	Beef Lasagna, Chicken Primavera Pasta, Mediterranean Roasted Vegetables, Garlic Bread	Deli Bar!	Viking Bowl Friday's Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll
<b>2<sup>mate</sup></b>	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Buffalo Chicken Pizza	Italian Sausage Flatbread	BBQ Chicken Pizza	Aloha Pizza	Bacon Cheeseburger Pizza
<b>grill'd</b>	Spicy Chicken Sandwich, Cheeseburger, Philly Cheese Steak	Spicy Chicken Sandwich, Classic Cheeseburger, Chicken Nuggets with Roll, Seasoned Fries	Mini Corn Dogs, Crispy Chicken Sandwich, Classic American Cheeseburger, Seasoned Fries	Chicken Club, Toasty Three Cheese Sandwich, Bacon Cheeseburger, Seasoned Fries	BBQ Pulled Pork Sandwich, Crispy Chicken Sandwich, Turkey Cheeseburger
<b>SO DELI</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>	Simple Egg Salad Sandwich, Turkey Cobb Salad with Roll, Blueberry Parfait with Granola	Italian Hoagie, Asian Chicken Noodle Salad, Apple Cinnamon Parfait with Granola	Mandarin Chicken Salad, Turkey & Cheese Pinwheel, Peach Parfait with Granola	Buffalo Popcorn Chicken Salad, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola	Asian Chicken Salad, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola
<b>sono</b> <small>CELEBRATE LATIN</small>	Seasoned Taco Meat, Fajita Chicken, Seasoned Black Beans, Cilantro Lime Rice	Mexicali Beef & Bean Tamale Pie, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Chicken, Seasoned Black Beans, Cilantro Lime Rice	Seasoned Taco Meat, Hot Chicken & Black Bean Rice Bowl, Seasoned Black Beans, Cilantro Lime Rice	Seasoned Taco Meat, Chicken Fajita, Seasoned Black Beans, Cilantro Lime Rice
Available with all meals - minimum of 1/2 cup fruit or vegetable					
<b>EXTRA! EXTRA!</b>	Mixed Green Salad	Mixed Green Salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad	Lettuce & Tomato Salad
	Broccoli Ranch Salad w/Carrots	Chef Jet Sesame Broccoli Salad	Green Bean Salad	Corn & Pepper Salad	Green Bean Salad
	Fresh Cauliflower, Fresh Baby Carrots	Green Peas	Corn Salad, Garbanzo Beans	Fresh Celery Sticks	Baby Carrots & Celery Sticks
	100% Fruit Juice	Baby Carrot's	100% Fruit Juice	Vegetable Crudit�	100% Fruit Juice
	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit
	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat 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.**

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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 October 15-19, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Spicy Boneless Chicken Wings, Boneless Chicken Wings, Sweet Potato Fries, Fresh Baked WG Biscuit, Savory Green Beans	Pasta Day! Chicken Alfredo tossed to order with fresh vegetables, Chicken, Bacon & Spinach Penne Pasta	Philly Cheese Steak, Chicken Philly Cheese Steak, Vegetarian Baked Beans, Tater Tots	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll	1/2 Day! Bag Lunch Available
<b>2<sup>mate</sup></b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Veggie Lover's Pizza	Pepperoni & Cheese Calzone	BBQ Chicken Pizza	Hawaiian Pizza	
<b>grill'd</b>	Spicy Chicken Sandwich, Classic Cheeseburger, BBQ Pulled Pork, Sweet Potato Fries	Spicy Chicken Sandwich, Classic Cheeseburger, Chicken Nuggets with Breadstick, Seasoned Fries	Spicy Chicken Sandwich, Crispy Fish Sandwich with Cheese, Mozzarella and Pepperoni Panini	Chicken & Cheddar BLT Sandwich, Grilled Chicken Sandwich, Taco Burger, Seasoned Fries	
<b>SO DELI</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>	Asian Chicken Noodle Salad, Italian Hoagie, Apple Cinnamon Parfait w/Granola	Little Italy Wrap, Popcorn Chicken & Romaine Salad, Blueberry Parfait with Granola	Chicken Caesar Salad, Ham & Swiss Pretzel Roll Sandwich, Pineapple Parfait with Granola	Chicken Apple Salad Ciabatta Sandwich, Ham & Turkey Chef Salad, Peach Parfait with Granola	
<b>SONO</b> <small>CELEBRATE LATIN</small>	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Chicken, Seasoned Mexican Style Refried Beans, Cilantro Lime Rice	Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Beef Enchilada, Seasoned Taco Meat, Vegetarian Refried Beans, Cilantro Lime Rice	

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

Mixed Greens Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Hearty Spinach & Vegetable Salad	
Chef Jet Sesame Broccoli Salad	Marinated Cool Cucumbers	Home Style Potato Salad	Asian Pinto Bean Salad	
Green Peas & Baby Carrots	Green Peas	Green Bean Salad, Sliced Cucumbers, Carrots	Fresh Celery Sticks	Baby Carrots
100% Fruit Juice	Cherry Tomatoes	100% Fruit Juice	Baby Carrots	100% Fruit Juice
Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit & Assorted Chilled Fruit	Fresh Whole Fruit & Assorted Chilled Fruit	Fresh Whole Fruit & Assorted Chilled Fruit	
1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk



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## Dundee High School LUNCH MENU October 22-26, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Philly Cheese Steak, Chicken Philly Cheese Steak, Vegetarian Baked Beans, Sautéed Onions, Peppers, Tater Tots	Chicken Primavera Pasta, Rotini Tossed in Italian Meat Sauce, Savory Green Beans, WG Garlic Bread	Kung Pao Chicken, Brown Fried Rice, Steamed Baby Carrots, WG Dinner Roll	Deli Bar!	Viking Bowl Friday's Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and Garlic Twist
<b>2<sup>nd</sup> mate</b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Italian Sausage Stromboli	BBQ Chicken Pizza	Bacon Cheeseburger Pizza	Pepperoni & Cheese Calzone	Aloha Pizza
<b>grill'd</b>	Crispy Chicken Sandwich, Mini Corn Dogs w/Breadstick, Cheeseburger	Spicy Chicken Sandwich, Grilled Chicken Sandwich, Garlic Parmesan Turkey Burger, Seasoned Fries	Crispy Chicken Sandwich, Italian Meatball Sub, Classic American Cheeseburger	Spicy Chicken Sandwich, BBQ Pulled Pork Sandwich, Turkey Cheeseburger, Seasoned Fries	BBQ Chicken Sandwich, Crispy Chicken Sandwich, Turkey Patty Melt
<b>SO DELI</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>	Little Italy Wrap, Popcorn Chicken & Romaine Salad with Roll, Blueberry Parfait with Granola	Mandarin Chicken Salad, Buffalo Ranch Chicken Wrap, Peach Parfait with Granola	Chicken BLT Salad, Turkey & Cheese Pinwheel, Blueberry Parfait with Granola	Asian Chicken Salad, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola	Spicy Chicken & Mozzarella Salad, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola
<b>SONO</b> <small>CELEBRATE LATIN</small>	Fajita Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Mexicali Beef and Bean Tamale Pie, Mexican Style Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Chicken, Mexican Style Refried Beans, Cilantro Lime Rice	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Seasoned Refried Beans, Cilantro Lime Rice	Fajita Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice, Queso Cheese, Corn

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

Lettuce & Tomato Salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad
Marinated Cool Cucumbers	Green Bean Salad	Creamy Carrot & Raisin Salad	Green Bean Salad	Corn & Pepper Salad
Green Peas & Cherry Tomatoes	Corn Salad with Ranch	Marinated Cool Cucumbers	Corn Salad with Ranch	Celery Sticks, Vegetable Crudit�
100 % Fruit Juice	Garbanzo Beans	100 % Fruit Juice	Baby Carrots	100 % Fruit Juice
Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit
1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk



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## Dundee High School LUNCH MENU October 29-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Breakfast for Lunch! Scramble Eggs, Pancakes, Home Fried Potatoes	Order Your Pasta Your Way! Alfredo, Pasta with Marinara and your choice of fresh vegetables	Cajun Roasted Pork Loin, Dijon Glazed Carrots, Buttered Noodles, WG Dinner Roll		
<b>2</b> mato	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Personal Cheese Pizza	Cheese Stuffed Breadsticks w/ Marinara	Philly Cheese Steak Pizza		
<b>grill'd</b>	Crispy Chicken Sandwich, Bacon Cheese Burger, Cheeseburger, Home Fried Potatoes	Spicy Chicken Sandwich, Classic American Cheeseburger, Philly Cheese Steak, Seasoned Broccoli	Crispy Chicken Sandwich, Chicken, Bacon & Swiss Sandwich, Jalapeno Cheeseburger, Seasoned Fries		
<b>SO DELI</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>	Little Italy Wrap, Popcorn Chicken & Romaine Salad with Roll, Blueberry Parfait with Granola	Mandarin Chicken Salad, Turkey & Cheese Pinwheel, Peach Parfait with Granola	Spicy Chicken & Mozzarella Salad w/Roll, Roasted Italian Vegetable Wrap, Blueberry Parfait w/Granola		
<b>SONO</b> CELEBRATE LATIN	Seasoned Taco Meat, Turkey Tex-Mex Chili Macaroni, Seasoned Black Beans, Cilantro Lime Rice	Chicken & Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Beef Enchiladas, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice		

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

Mixed Greens Salad	Mixed Greens Salad	Hearty Spinach & Vegetable Salad		
Broccoli Ranch Salad with Carrots	Broccoli Ranch Salad with Carrots	Pea Salad		
Sliced Cucumbers, Baby Carrots	Fresh Cauliflower Florets	Fresh Cherry Tomatoes, Garbanzo Beans		
100% Fruit Juice	Baby Carrots	100 % Fruit Juice		
Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit		
1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk		
1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk		



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