



Dundee Middle School LUNCH MENU October 1-5, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Breakfast For Lunch! Pancakes, Scramble Eggs with or without Cheddar Cheese, Home Fried Potatoes, Apple Crisp	Taco Tuesday!	Cajun Roasted Pork Loin, WG Dinner Roll, Buttered Noodles, Dijon Glazed Carrots, Vegetarian Baked Beans	Chicken Bacon, & Spinach Penne Pasta, Chicken Alfredo, Garlic Bread, Steamed Broccoli Florets	Viking Bowl Day! Mashed Potato & Chicken, Seasoned Corn, WG Dinner Roll
2^{matto}	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Personal Cheese Pizza, Home Fried Potatoes	Buffalo Chicken Pizza, Seasoned Fries	Bosco Sticks w/ Marinara, Dijon Glazed Carrots	Italian Sausage Flatbread, Seasoned Fries	Pepperoni Calzone with Marinara, Seasoned Corn
grill'd	Bacon Cheeseburger, Classic Chicken Sandwich, Cheeseburger, Home Fried Potatoes	Philly Cheese Steak, Spicy Chicken Sandwich, Cheeseburger, Seasoned Fries	Chicken, Bacon & Swiss Sandwich, Classic Chicken Sandwich, Jalapeno Cheeseburger, Dijon Carrots	Mozzarella and Pepperoni Panini, Spicy Chicken Sandwich, Classic Cheeseburger, Seasoned Fries	Classic Chicken Sandwich, American Cheeseburger, Taco Burger, Seasoned Corn
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 Dinner Roll.				
ON THE GO	Chicken Caesar Salad w/Roll, Turkey Ranch Wrap, Apple Cinnamon Parfait with Granola	Turkey Cobb Salad w/Roll, Simple Egg Salad Sandwich, Blueberry Parfait with Granola	Buffalo Chicken & Wild Rice Salad, Turkey Cheddar Ciabatta, Strawberry Parfait with Granola	Popcorn Chicken Salad w/Roll, Ham & Swiss Pretzel Roll, Pineapple Parfait with Granola	Ham & Turkey Chef Salad, Chicken Apple Salad Ciabatta Sandwich, Peach Parfait with Granola
SONO <small>CELEBRATE LATIN</small>		Black Bean & Corn Nachos, Cilantro Lime Rice, Seasoned Black Beans			

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



Mixed Greens Salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad
Sliced Cucumbers	Green Bean Salad, Corn Salad w/Ranch	Marinated Cucumbers	Green Bean Salad, Corn Salad w/Ranch	Chef Jet Sesame Broccoli Salad
Broccoli Ranch Salad with Carrots	Fresh Broccoli Florets	Creamy Carrot & Raisin Salad	Fresh Baby Carrots	Sliced Cucumbers, Carrots
Fresh Baby Carrots				
100% Fruit Juice	Garbanzo Beans	100% Fruit Juice	Celery Sticks	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
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

Middle: 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 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

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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This institution is an equal opportunity provider.



Dundee Middle School LUNCH MENU October 8-12, 2018

Monday Tuesday Wednesday Thursday Friday

create	<p>Burger Bar! Classic American Cheeseburger, Turkey Cheeseburger, Black Bean Burger, Vegetarian Baked Beans, Curly Fries</p>	<p>Sono Bar!</p>	<p>Beef Lasagna, Roasted Eggplant Lasagna, Chicken Primavera Pasta, Roasted Vegetables, Garlic Bread</p>	<p>Orange Chicken Stir-Fry, Chicken And Vegetable Stir-Fry, Sesame Green Beans, Asian Brown Rice, WG Dinner Roll</p>	<p>Viking Bowl Day! Mashed Potato & Chicken, Seasoned Corn, WG Dinner Roll</p>
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2^{mateo}	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	<p>Personal Philly Cheese Steak Pizza, Vegetarian Baked Beans</p>	<p>Italian Sausage Flatbread, Seasoned Fries</p>	<p>Bosco Sticks w/Marinara, Roasted Vegetables</p>	<p>BBQ Chicken Pizza, Seasoned Fries</p>	<p>Bacon Cheeseburger Pizza, Seasoned Corn</p>

grill'd	<p>Crispy Chicken Sandwich, Ham and Cheese Bagel Melt, Cheeseburger, Vegetarian Baked Beans</p>	<p>Spicy Chicken Sandwich, Classic Cheeseburger, Chicken Nuggets w/Roll, Seasoned Fries</p>	<p>Grilled Chicken Sandwich, Cheeseburger, Mini Corn Dogs, Roasted Vegetables</p>	<p>Crispy Chicken Club, Toasty Three Cheese Sandwich, Bacon Cheeseburger, Seasoned Fries</p>	<p>Classic Chicken Sandwich, BBQ Pulled Pork Sandwich, Turkey Cheeseburger, Seasoned Corn</p>
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SO DELI	<p>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.</p>				
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ON-THE-GO	<p>Turkey Cobb Salad w/Roll, Simple Egg Salad Sandwich, Blueberry Parfait w/Granola</p>	<p>Asian Chicken Noodle Salad, Italian Hoagie, Apple Cinnamon Parfait with Granola</p>	<p>Mandarin Chicken Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait with Granola</p>	<p>Buffalo Popcorn Chicken Salad w/Roll, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola</p>	<p>Asian Chicken Salad w/Roll, Honey Mustard Turkey Ham & Cheese Sandwich, Strawberry Parfait with Granola</p>
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SONO <small>CELEBRATE LATIN</small>		<p>Seasoned Taco Meat, Mexicali Beef & Bean Tamale Pie, Seasoned Refried Beans, Cilantro Lime Rice</p>			
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Available with all meals - minimum of 1/2 cup fruit or vegetable

EXTRA! EXTRA!	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 Florets, Carrots	Green Peas, Fresh Baby Carrots	Corn Salad with Ranch	Fresh Celery, Vegetable Crudit�	Fresh Baby Carrots, Celery Sticks
	100% Fruit Juice	Celery Sticks	100% Fruit Juice	Kidney Beans	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
	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

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Our guidelines:

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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

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

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Dundee Middle School LUNCH MENU October 15-19, 2018

Monday

Tuesday

Wednesday

Thursday

Friday

create

Spicy Boneless Wings,
Boneless Chicken Wings,
Sweet Potato Fries,
Savory Green Beans,
Fresh Baked WG Biscuit

Sono Bar!

Philly Cheese Steak,
Chicken Philly Cheese
Steak, Vegetarian Baked
Beans, Tater Tots

Breakfast for Lunch!, WG
French Toast Sticks,
Scramble Eggs, Turkey
Sausage Patty, Home
Fried Potatoes

1/2 Day! Bag Lunches
available. Cold Cut
Sandwich, Fresh Fruit,
Vegetable, Choice of
Milk



Daily Selections: Classic Cheese Pizza & Pepperoni Pizza

Veggie Lover's Pizza,
Sweet Potato Fries

Pepperoni & Cheese
Calzone, Seasoned Fries

Bosco Sticks w/Marinara,
Vegetarian Baked Beans

Hawaiian Pizza, Seasoned
Fries

grill'd

Crispy Chicken Sandwich,
Classic Cheeseburger,
BBQ Pulled Pork
Sandwich, Sweet Potato
Fries

Spicy Chicken Sandwich,
Classic Cheeseburger,
Chicken Nuggets w/Roll,
Seasoned Fries

Crispy Chicken Sandwich,
Fish Sandwich with
Cheese, Mozzarella and
Pepperoni Panini,
Vegetarian Baked Beans

Chicken & Cheddar BLT
Sandwich, Grilled Chicken
Sandwich, Taco Burger,
Seasoned Fries

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 Dinner Roll.**



Asian Chicken Noodle
Salad, Italian Hoagie,
Apple Cinnamon Parfait
with Granola

Popcorn Chicken Salad
w/Roll, Little Italy WG
Wrap, Blueberry Parfait
with Granola

Chicken Caesar Salad
w/WG Roll, Ham & Swiss
Pretzel Roll Sandwich,
Pineapple Parfait with
Granola

Ham & Turkey Chef Salad
w/WG Roll, Chicken
Apple Salad Ciabatta
Sandwich, Peach Parfait
with Granola



Seasoned Taco Meat,
Fajita Chicken, Seasoned
Refried Beans, Cilantro
Lime Rice

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

EXTRA!

Mixed Green Salad	Lettuce & Tomato Salad	Mixed Green Salad	Hearty Spinach & Vegetable Salad	
Chef Jet Sesame Broccoli Salad	Marinated Cool Cucumbers	Corn Salad with Ranch	Asian Pinto Bean Salad	
Green Peas, Baby Carrots	Pea Salad, Fresh Cherry Tomatoes	Sliced Cucumbers, Cherry Tomatoes	Fresh Celery Sticks, Baby Carrots	
100% Fruit Juice	Broccoli Florets	100% Fruit Juice	Confetti Coleslaw	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
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

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Reduce unhealthy fats, sodium, and sugar

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Dundee Middle School LUNCH MENU October 22-26, 2018

Monday

Tuesday

Wednesday

Thursday

Friday

create	Breaded Chicken Drumstick, Garlic Parmesan Roasted Potatoes, Savory Green Beans, WG Roll	Sono Bar!	Kung Pao Chicken, Brown Fried Rice, Baby Carrots, WG Roll	Chicken Primavera Pasta, Rotini Tossed in Meat sauce, Savory Green Beans, WG Roll	Viking Bowl Day! Mashed Potato & Chicken, Seasoned Corn, WG Dinner Roll
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2 <small>matto</small>	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Italian Sausage Stromboli, Savory Green Beans	BBQ Chicken Pizza, Seasoned Fries	Bosco Sticks w/Marinara, Steamed Baby Carrots	Pepperoni & Cheese Calzone, Seasoned Fries	Aloha Pizza, Seasoned Corn

grill'd	Crispy Chicken Sandwich, Mini Corn Dogs, Cheeseburger, Savory Green Beans	Spicy Chicken Sandwich, Garlic Parmesan Turkey Burger, Grilled Chicken Sandwich, Seasoned Fries	Crispy Chicken Sandwich, Italian Meatball Sub, Classic Cheeseburger, Steamed Baby Carrots	Spicy Chicken Sandwich, Turkey Cheeseburger, BBQ Pulled Pork Sandwich, Seasoned Fries	Classic Chicken Sandwich, Cheeseburger, BBQ Chicken Sandwich, Seasoned Corn
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SO DELI	<p style="text-align: center;">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.</p>				
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ON-THE-GO	Popcorn Chicken Salad w/WG Roll, Little Italy WG Wrap, Blueberry Parfait with Granola	Mandarin Chicken Salad w/WG Roll, Buffalo Ranch Chicken Wrap, Peach Parfait with Granola	Chicken BLT Salad w/WG Roll, Turkey & Cheese Pinwheel, Blueberry Parfait with Granola	Asian Chicken Salad w/Roll, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola	Spicy Chicken & Mozzarella Salad w/WG Roll, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola
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sono <small>CELEBRATE LATIN</small>		Seasoned Taco Meat, Buffalo Ranch Chicken Quesadilla, Seasoned Refried Beans, Cilantro Lime Rice			
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Available with all meals - minimum of 1/2 cup fruit or vegetable

EXTRA!	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad	Spinach & Cranberry Salad
	Marinated Cool Cucumbers	Green Bean Salad	Creamy Carrot & Raisin Salad	Green Bean Salad	Corn & Pepper Salad
	Green Peas, Fresh Cherry Tomatoes	Corn Salad with Ranch, Garbanzo Beans	Marinated Cool Cucumbers, Cherry Tomatoes	Corn Salad with Ranch, Fresh Baby Carrots	Fresh Celery Sticks, Vegetable Crudité
	100% Fruit Juice	Fresh Broccoli Florets	100% Fruit Juice	Celery Sticks	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
	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

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Dundee Middle School LUNCH MENU October 29-31, 2018

Monday Tuesday Wednesday Thursday Friday

create	Pancakes, Scramble Eggs with or without Cheddar Cheese, Home Fried Potatoes	Sono Bar!	Italian Meat Sauce Spaghetti, Roasted Vegetables, Savory Green Beans, Garlic Bread		
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2^{mate}	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Personal Cheese Pizza, Home Fried Potatoes	Philly Cheese Steak Pizza, Seasoned Fries	Bosco Sticks w/Marinara, Savory Green Beans		

grill'd	Crispy Chicken Sandwich, Bacon Cheeseburger, Cheeseburger, Home Fried Potatoes	Spicy Chicken Sandwich, Classic Cheeseburger, Italian Meatball Sub, Seasoned Fries	Crispy Chicken Sandwich, Jalapeno Cheese Burger, Chicken, Bacon, & Swiss Sandwich, Savory Green Beans		
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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 Dinner Roll.				
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ON-THE-GO	Chicken Caesar Salad w/WG Roll, Turkey Ranch Wrap, Apple Cinnamon Parfait with Granola	Turkey Cobb Salad w/WG Roll, Simple Egg Salad Sandwich, Blueberry Parfait with Granola	BBQ Chicken & Wild Rice Salad, Turkey Cheddar Ciabatta, Strawberry Parfait with Granola		
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sono <small>CELEBRATE LATIN</small>		Seasoned Taco Meat, Beef Enchiladas, Seasoned Refried Beans, Cilantro Lime Rice			
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Available with all meals - minimum of 1/2 cup fruit or vegetable

EXTRA	Mixed Green Salad	Mixed Green Salad	Hearty Spinach & Vegetable Salad		
	Broccoli Ranch Salad w/Carrots	Broccoli Ranch Salad w/Carrots	Garbanzo Beans		
	Sliced Cucumbers	Fresh Cauliflower Florets, Baby Carrots	Cherry Tomatoes, Broccoli Florets		
	100% Fruit Juice	Pea Salad	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		
	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk		

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