



Dundee Middle & High School October 2018 Breakfast Menu

A full student breakfast includes a choice of entrée supplying protein and/or 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 Bar", up to one cup per meal. Please contact us for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Bacon, Egg & Cheese Sandwich, Assorted Cereal, Mini Maple Pancakes, Banana Chocolate Chunk Benefit Bar	Chicken Biscuit, Assorted Cereal, Oatrageous Berry-Lemon Parfait, Cereal Bar	Egg & Cheese Bagel, Fresh Baked Cinnamon Roll, Banana Chocolate Chunk Benefit Bar, Assorted Cereal	Bagel with Yogurt & String Cheese, It's Almost Summer Smoothie, Assorted Cereal, Cereal Bar	Blueberry Bash Waffles, Sausage & Cheese English Muffin, Cereal Bar, Chocolate Chunk Benefit Bar
<i>Sides: Graham Crackers, Fresh Whole Fruit, Sweet Raisins</i>	<i>Sides: Orange Wedges, Blueberry Muffin, 100% Fruit Juice</i>	<i>Sides: Fresh Fruit, Sweet Raisins, Graham Crackers</i>	<i>Sides: Fresh Fruit, 100% Fruit Juice, Graham Crackers</i>	<i>Sides: Fresh Fruit, Sweet Raisins, Graham Crackers</i>
1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk
8	9	10	11	12
Turkey Sausage Breakfast Pizza, Turkey Ham Quesadilla, Apple Frudel, Assorted Cereal, Chocolate Chip Oatmeal Bar	Omelet, Mini Blueberry Pancakes, Banana Chocolate Chunk Benefit Bar, Assorted Cereal, Cereal Bar	Egg & Cheese Bagel, Fresh Baked Cinnamon Roll, Banana Chocolate Chunk Benefit Bar, Assorted Cereal	Turkey Sausage Egg & Cheese Sliders, Strawberry Cream Cheese Bagel, Blueberry Crush Overnight Parfait, Mini Pancakes, Assorted Cereal	Turkey Ham, Egg & Cheese Burrito, Mini Maple Waffles, Cereal Bar, Berry Parfait with Granola, Bagel with Yogurt & String Cheese
<i>Sides: Banana Muffin, Fresh Whole Fruit, Sweet Raisins</i>	<i>Sides: Graham Crackers, Fresh Fruit, 100% Fruit Juice</i>	<i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>	<i>Sides: Graham Crackers, Fresh Fruit, 100% Fruit Juice</i>	<i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>
1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk
15	16	17	18	19
Mini Berry French Toast, Apple Cinnamon Benefit Bar, Chicken Biscuit, Cereal Bar, Bagel with yogurt & String Cheese	Scrambled Denver Egg Bowl, Mini Pancakes, Trix Yogurt, Cereal Bar, Assorted Cereal	Fresh Baked Cinnamon Roll, Egg & Cheese Bagel, Assorted Cereal, Mini French Toast, Benefit Bar	Sausage & Cheese English Muffin, Assorted Cereal, Mini Waffles, Cereal Bar, Banana Chocolate Chunk Benefit Bar	Turkey Ham, Egg & Cheese Burrito, Assorted Cereal, Strawberry Cream Cheese Bagel, Breakfast Pizza
<i>Muffin, Fresh Whole Fruit, Raisins</i>	<i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit</i>	<i>Graham Crackers, Fresh Whole Fruit, Raisins</i>	<i>Graham Crackers, 100% Fruit Juice, Fresh Whole Fruit</i>	<i>Fresh Whole Fruit, Graham Crackers, Sweet Raisins</i>
1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk
22	23	24	25	26
Turkey Ham, Egg & Cheese Bagel, Mini French Toast, Assorted Cereal, Cereal Bar, Banana Chocolate Chunk Benefit Bar	Fresh Baked Cinnamon Roll, Mini Waffles, Egg & Cheese Biscuit, Cereal Bar, Assorted Cereal	Egg & Cheese Bagel, Oatrageous Choc-Banana Oatmeal, Mini French Toast, Cereal Bar, Assorted Cereal	Sausage & Cheese English Muffin, Assorted Cereal, Bacon Scramble Breakfast Pizza, Apple Cinnamon Benefit Bar, Cereal Bar	Turkey Ham & Cheese Quesadilla, Assorted Cereal, Apple Oatmeal Bar, Mini Blueberry Pancakes, Cereal Bar
<i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>	<i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit</i>	<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit</i>	<i>Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</i>	<i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>
1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk
29	30	31		
Bacon, Egg & Cheese Sandwich, Assorted Cereal, Mini Maple Pancakes, Banana Chocolate Chunk Benefit Bar	Mini Pancakes, Made to Order Omelet, Trix Yogurt, Assorted Cereal, Cereal Bar	Egg & Cheese Sandwich, Very Berry Parfait, Fresh Baked Cinnamon Roll, Assorted Cereal, Banana Chocolate Chunk Bar		
<i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>	<i>Blueberry Muffin, Assorted 100% Fruit Juice, Assorted Whole Fruit</i>	<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit</i>	<i>Assorted 100% Fruit Juice, Assorted Whole Fruit, Apple Cinnamon Muffin</i>	<i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>
1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk

School Foodservice Information:
Breakfast Price: \$1.30 paid, \$.30 reduced, free (if qualified) \$1.70 Adult

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

Shelly Farris, Director of Dining Services
 Shellyta.farris@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.

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mail:
 U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410
fax:
 (202) 690-7442; or
email:
 program.intake@usda.gov.
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