



**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

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## Dundee High School LUNCH MENU November 5-9, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Burger Bar! Cheese Burger, Turkey Cheeseburger, Black Bean Burger, Oven Baked Fries, Vegetarian Baked Beans	Sweet and Sour Chicken, Chicken and Vegetable Stir Fry, Sesame Green Beans, Asian Brown Rice, WG Dinner Roll	BBQ Chicken, Garlic-Parmesan Roasted Potatoes, Seasoned Carrots, WG Dinner Roll	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	Veggie Pizza	Aloha Pizza	Bacon Cheeseburger Pizza
<b>grill'd</b>	Crispy Chicken Sandwich, Cheeseburger, Philly Cheese Steak	Spicy Chicken Sandwich, Classic Cheeseburger, Chicken Nuggets with Roll, Seasoned Fries	Crispy Chicken Sandwich, Classic American Cheeseburger, Italian Meatball Sub	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 Caprese Panini, 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 Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Chicken, Beef Enchiladas, Seasoned Black Beans, Cilantro Lime Rice	Seasoned Taco Meat, Hot Chicken & Black Bean Rice Bowl, Seasoned Refried 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>	Caesar Salad	Mixed Green Salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad	Lettuce & Tomato Salad
	Spicy Peach Salad	Home-style Potato Salad	Green Bean Salad	Vegetable Pasta Salad	Vegetable Pasta Salad
	Fresh Cauliflower, Fresh Baby Carrots	Green Peas, Celery Sticks	Vegetable Crudit�, 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

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## Dundee High School LUNCH MENU November 12-16, 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	Deli Bar!	Thanks Giving Feast! Roasted Turkey, Mashed Potatoes, Stuffing, Apple Cranberry Crisp
<b>2<sup>nd</sup> mate</b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Veggie Lovers Pizza	Pepperoni & Cheese Calzone	BBQ Chicken Pizza	Hawaiian Pizza	Buffalo Chicken Pizza
<b>grill'd</b>	Crispy Chicken Sandwich, Classic Cheeseburger, BBQ Pulled Pork, Sweet Potato Fries	Spicy Chicken Sandwich, Classic Cheeseburger, Chicken Nuggets with Breadstick, Seasoned Fries	Crispy Chicken Sandwich, Crispy Fish Sandwich with Cheese, Mozzarella and Pepperoni Panini	Chicken Cordon Blue Sandwich, Grilled Chicken Sandwich, Taco Burger, Seasoned Fries	Crispy Chicken Sandwich, Classic Cheeseburger, Italian Turkey Parm Burger
<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>	Antipasto Italiano Salad, Chicken Ranch Wrap, Apple Cinnamon Parfait w/Granola	Hummus and Feta Wrap, Popcorn Chicken & Romaine Salad, Blueberry Parfait with Granola	Chicken Caesar Salad, Ham & Swiss Pretzel Roll Sandwich, Pineapple Parfait with Granola	Ham & Turkey Chef Salad, Chicken, Swiss & Spinach Sub, Peach Parfait with Granola	Buffalo Chicken Salad, Asian Chicken Wrap, Pineapple Parfait with Granola
<b>SONO CELEBRATE LATIN</b>	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	Seasoned Taco Meat, Fajita Chicken, Seasoned Mexican Style 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	Spinach and Cranberry Salad
Macaroni & Vegetable Salad	Marinated Cool Cucumbers	Home Style Potato Salad	Asian Pinto Bean Salad	Citrus Chickpea Salad
Green Peas & Baby Carrots	Green Peas	Sliced Cucumbers, Carrots	Fresh Celery Sticks	Sliced Cucumbers & 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	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 November 19-23, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	The Perfect Sloppy Joe, Baked Beans, Tater Tots	Pasta made to Order! Pasta Alfredo, Italian Meat sauce, Fresh Vegetables, WG Dinner Roll	 <b>Thanksgiving Break No School</b>		
<b>2<sup>mate</sup></b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Italian Sausage Stromboli	BBQ Chicken Pizza			
<b>grill'd</b>	Crispy Chicken Sandwich, Mini Corn Dogs w/Breadstick, Cheeseburger	Spicy Chicken Sandwich, Mozzarella and Pepperoni Panini, Garlic Parmesan Turkey 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>	Little Italy Wrap, Popcorn Chicken & Romaine Salad with Roll, Blueberry Parfait with Granola	Mandarin Chicken Salad, Buffalo Ranch Chicken Wrap, Peach Parfait with Granola			
<b>SONO</b> CELEBRATE LATIN	Fajita Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Chicken & Cheese Quesadilla, Mexican Style Refried Beans, Cilantro Lime Rice			

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

Lettuce & Tomato Salad	Lettuce & Tomato Salad			
Marinated Cool Cucumbers	Green Bean Salad			
Green Peas & Cherry Tomatoes	Fresh Carrots and Broccoli Florets			
100 % Fruit Juice	Garbanzo Beans			
Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit			
1% Low-Fat Milk	1% Low-Fat Milk			
1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk			



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## Dundee High School LUNCH MENU November 26-30, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Pancakes, Scramble Eggs with Cheddar Cheese, 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	Deli Bar!	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, WG Garlic Twist
<b>2<sup>matto</sup></b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Personal Cheese Pizza	Cheese Stuffed Breadsticks w/ Marinara	Philly Cheese Steak Pizza	Italian Sausage Flatbread	Pepperoni & Cheese Calzone
<b>grill'd</b>	Crispy Chicken Sandwich, Classic Cheeseburger, Mushroom & Swiss Burger	Spicy Chicken Sandwich, Classic American Cheeseburger, Philly Cheese Steak, Seasoned Broccoli	Crispy Chicken Sandwich, Jalapeno Cheeseburger, BBQ Coleslaw Chicken Panini	Spicy Chicken Sandwich, Classic Cheeseburger, Mozzarella and Pepperoni Panini	Crispy Chicken Sandwich, Classic 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 w/ Roll, Turkey Ranch Wrap, Apple Cinnamon Parfait with Granola	Turkey Cobb Salad w/ Roll, Simple Egg Salad Sandwich, Blueberry Parfait with Granola	BBQ Chicken & Wild Rice Salad, Turkey Cheddar Ciabatta, Strawberry Parfait with Granola	Chicken Caesar Salad w/ Roll, Ham & Swiss Pretzel Roll Sandwich, Pineapple Parfait with Granola	Chicken Apple Salad Ciabatta, Ham & Turkey Chef Salad w/Roll, Peach Parfait with 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	Seasoned Taco Meat, Cheese Quesadilla, Mexican Style Refried Beans, Cilantro Lime Rice	Black Bean & Corn Nachos, Seasoned Taco Meat, 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	Lettuce & Tomato Salad	Hearty Vegetable & Spinach Salad
Broccoli Ranch Salad with Carrots	Broccoli Ranch Salad with Carrots	Pea Salad	Home-style Potato Salad	Asian Pinto Bean Salad
Sliced Cucumbers, Baby Carrots	Fresh Cauliflower Florets	Fresh Cherry Tomatoes, Garbanzo Beans	Green Bean Salad, Baby Carrots	Fresh Celery Sticks
100% Fruit Juice	Baby Carrots	100 % Fruit Juice	Sliced Cucumbers	Baby Carrots
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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