



Dundee Middle School LUNCH MENU April 9-13, 2018

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | | |
|--|--|---|--|--|---|
| create | Chicken Nuggets, Garlic-Parmesan Roasted Potatoes, Savory Green Beans, Whole Grain Roll | Taco Tuesday! | Baked Potato Bar! Seasoned Broccoli, Homemade Vegetarian Chili, Creamy Cheddar Cheese Sauce, LF Sour Cream, Roll | Classic American Cheeseburger, Turkey Cheeseburger, with all the fixins. Seasoned Oven Baked Fries, Vegetable Medley | Viking Bowl Day! Mashed Potato & Chicken, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll |
| | Daily Selections: Classic Cheese Pizza & Pepperoni Pizza | | | | |
| 2 <small>matato</small> | Cheeseburger Pizza | Pepperoni & Cheese Calzone | Brooklyn Style Pepperoni Pizza | Aloha Pizza | Veggie Pizza |
| grill'd | Italian Meatball Sub, Spicy Chicken Sandwich, Classic Cheeseburger | Buffalo Chicken Panini, Classic Chicken Sandwich, Cheeseburger, Seasoned Fries | Spicy Chicken Sandwich, BBQ Shredded Pork, Cheeseburger | National Grilled Cheese Day!, Chicken Bacon, & Swiss Sandwich, Turkey Patty Melt, Seasoned fries | Classic Fish & Cheese Sandwich, Classic Chicken Sandwich, Cheeseburger |
| 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 | Strawberry Chicken Salad w/Roll, Turkey Ranch Wrap, Strawberry Parfait with Granola | Chicken Caesar Salad w/Roll, Buffalo Chicken Wrap, Blueberry Parfait with Granola | Turkey Ham Chef Salad w/Roll, Roasted Italian Vegetable Wrap, Apple Cinnamon Parfait with Granola | Spicy Chicken & Mozzarella Salad w/Roll, Honey Mustard Turkey Ham & Cheese Sandwich, Strawberry Parfait w/Granola | Shaker Salad with Wheat Berries, Turkey Ham & Cheese Hoagie, Apple Cinnamon Parfait with Granola |
| SONO <small>CELEBRATE LATIN</small> | | Chicken Quesadilla, Seasoned Taco Meat for Nacho's, Burrito or Tacos, Cilantro Lime Rice, Refried Beans | | | |

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

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|------------------|--|--------------------------------------|---|--|--|
| ESPERANZA | Mixed Green's Salad | Spinach & Cranberry Salad | Mixed Greens Salad | Spinach & Cranberry Salad | Mixed Greens Salad |
| | Corn Salad & Black Bean Salsa Salad | Confetti Coleslaw | Apple Salad | Corn & Pepper Salad | Sliced Cucumbers |
| | Green Peas, Carrots | Garbanzo Beans, Fresh Broccoli | Marinated Cool Cucumbers, Cherry Tomatoes | Fresh Celery Sticks, Vegetable Crudit  | Broccoli Ranch Salad w/Carrots |
| | Assorted Chilled Fruit, 100% Fruit Juice | Assorted Chilled Fruit | Assorted Chilled Fruit, 100% Fruit Juice | Assorted Chilled Fruit | Assorted Chilled Fruit, 100% Fruit Juice |
| | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole 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: \$2.75, 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

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USDA is an equal opportunity provider and employer.



Dundee Middle School LUNCH MENU April 16-20, 2018

Monday Tuesday Wednesday Thursday Friday

| | | | | | |
|---------------|--|-----------|---|--|-----------------------------|
| create | Orange Glazed Chicken, Sesame Green Beans, Asian Brown Rice, Orange Glazed Carrots | Sono Bar! | Baked Turkey Ham, Vegetarian Baked Beans, Glazed Sweet Potatoes, Baked Apple Slices, Whole Grain Roll | Spaghetti with Meatballs in Marinara, Roasted Italian Vegetables, Garlic Bread | 1/2 Day Bag lunch available |
|---------------|--|-----------|---|--|-----------------------------|

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|---------------------------|---|---------------------------|-------------------------|----------------------------|--|
| 2^{matato} | Daily Selections: Classic Cheese Pizza & Pepperoni Pizza | | | | |
| | Cheesy French Bread Pizza | Philly Cheese Steak Pizza | Bosco Sticks w/Marinara | Pepperoni & Cheese Calzone | |

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|----------------|---|--|--|---|--|
| grill'd | Philly Cheese Steak, Spicy Chicken Sandwich, Cheeseburger | Chicken, Bacon & Swiss Sandwich, Grilled Chicken Sandwich, BBQ Turkey Burger, Seasoned Fries | Classic Fish & Cheese Sandwich, Spicy Chicken Sandwich, Cheeseburger | Chicken & Cheddar BLT Sandwich, Chicken Sandwich, Taco Burger, Seasoned Fries | |
|----------------|---|--|--|---|--|

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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 | Turkey Cobb Salad w/Roll, Simple Egg Salad Sandwich, Blueberry Parfait w/Granola | BBQ Chicken & Wild Rice Salad, Turkey Cheddar Ciabatta, Strawberry Parfait w/Granola | Chicken Caesar Salad w/Roll, Tuna Salad Sub, Apple Cinnamon Parfait w/Granola | Ham & Turkey Chef Salad w/Roll, Chicken Apple Salad Ciabatta Sandwich, Peach Parfait w/Granola | |
|------------------|--|--|---|--|--|

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| SONO <small>CELEBRATE LATIN</small> | | Beef Enchilada's, Fajita Chicken, Seasoned Refried Beans, Cilantro Lime Rice | | | |
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Available with all meals - minimum of 1/2 cup fruit or vegetable

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|----------------------|---|---|---|---|--|
| EXTRA! EXTRA! | Mixed Green Salad | Hearty Spinach & Vegetable Salad | Mixed Green Salad | Hearty Spinach & Vegetable Salad | |
| | Broccoli Ranch Salad w/Carrots | Pea Salad | Corn Salad with Ranch | Asian Pinto Bean Salad | |
| | Cauliflower Florets & Carrots | Fresh Cherry Tomatoes | Fresh Cherry Tomatoes, Sliced Cucumbers | Fresh Celery Sticks, Confetti Coleslaw | |
| | 100% Fruit Juice | Garbanzo Beans | 100% Fruit Juice | 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 | |
| | 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 | |

School Foodservice Information

Price: \$2.75, 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

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Dundee Middle School LUNCH MENU April 23-27, 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|--|---|---|---|---|
| create | Breaded Chicken Drumstick, Garlic-Parmesan Roasted Potatoes, Savory Green Beans, WG Roll | Taco Tuesday! | WG French Toast, Scramble Eggs w/Cheese, Turkey Sausage Patty, Baked Apple Slices, Hash brown Patty | Viking Bowl!! Popcorn Chicken, Mashed Potatoes, Seasoned Corn, Garlic Twist | Earth DAY! Build Your own Sub. Assorted Lunch Meats and Sliced Cheese with Fresh Vegetables |
| 2nd mate | Daily Selections: Classic Cheese Pizza and Pepperoni Pizza | | | | |
| | Sausage Flatbread | BBQ Chicken Pizza | Baked Mozzarella Sticks w/Marinara | Pepperoni & Cheese Calzone | Personal Veggie Pizza |
| grill'd | Chicken Nuggets w/Roll, Spicy Chicken Sandwich, Classic Cheeseburger | Mini Corn Dogs, Grilled Chicken Sandwich, Garlic Parmesan Turkey Burger, Seasoned Fries | Italian Meatball Sub, Spicy Chicken Sandwich, Cheeseburger | BBQ Rib Sandwich, Chicken Sandwich, Turkey Cheeseburger, Seasoned Fries | Spicy Chicken Sandwich, Italian Supreme Turkey Panini, Cheeseburger |
| 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 | Asian Chicken Noodle Salad, Italian Hoagie, Apple Cinnamon Parfait w/Granola | Mandarin Chicken Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait w/Granola | Spicy Chicken & Mozzarella Salad w/Roll, Roasted Italian Vegetable Wrap, | Asian Chicken Salad, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait | Vegan Mediterranean Salad, Buffalo Popcorn Chicken Wrap, Blueberry Parfait w/Granola |
| SONO CELEBRATE LATIN | | Bean & Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice | | | |

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

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|---|--|--|--|--|
| Mixed Greens Salad | Lettuce & Tomato Salad | Spinach and Cranberry Salad | Lettuce & Tomato Salad | Mixed Greens Salad |
| Chef Jet Sesame Broccoli Salad | Green Bean Salad | Creamy Carrot & Raisin Salad | Green Bean Salad | Chef Jet Sesame Broccoli Salad |
| Green Peas & Carrots | Corn Salad W/Ranch | Marinated Cucumbers, Fresh Cherry Tomato's | Corn Salad w/Ranch | Fresh Cherry Tomatoes |
| 100% Fruit Juice | Fresh Broccoli & Carrots | 100% Fruit Juice | Fresh Baby Carrots | Sliced Cucumbers |
| 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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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: \$2.75, paid, \$.40 reduced*, free* (*if qualified)

Adult Price: \$3.55

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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 Middle School LUNCH MENU April 30, 2018


Monday


Tuesday


Wednesday


Thursday


Friday


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|---|---|--|--|--|--|
|  | Philly Cheese Steak, Chicken Philly Cheese Steak, Sautéed Onions, Peppers and Mushrooms, Tater Tots | | | | |
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|---|--|--|--|--|--|
|  | Daily Selections: Classic Cheese Pizza & Pepperoni Pizza | | | | |
| | Garlic Chicken Pizza | | | | |


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|---|---|--|--|--|--|
|  | Spicy Chicken Sandwich, Chicken Tenders w/ WG Roll, Classic Cheeseburger | | | | |
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|  | 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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|  | Little Italy Wrap, Popcorn Chicken & Romaine Salad, Blueberry Parfait w/Granola | | | | |
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Available with all meals - minimum of 1/2 cup fruit or vegetable

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|---|--|--|--|--|--|
|  | Lettuce & Tomato Salad | | | | |
| | Marinated Cool Cucumbers | | | | |
| | Green Peas & Cherry Tomatoes | | | | |
| | 100 % Fruit Juice | | | | |
| | Fresh Whole Fruit, Assorted Chilled Fruit | | | | |
| | 1% Low-Fat Milk | | | | |
| | Fat-Free Chocolate & Strawberry Milk | | | | |
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Midline: 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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