



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

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

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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
---------------	--	-----------	---	--	-----------------------------

2^o mato	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Cheesy French Bread Pizza	Philly Cheese Steak Pizza	Bosco Sticks w/Marinara	Pepperoni & Cheese Calzone	

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	
----------------	---	--	--	---	--

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	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	
------------------	--	--	---	--	--

SONO <small>CELEBRATE LATIN</small>		Beef Enchilada's, Fajita Chicken, Seasoned Refried Beans, Cilantro Lime Rice			
---	--	--	--	--	--

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

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

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.



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

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



USDA is an equal opportunity provider and employer.

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

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

Dundee Middle School LUNCH MENU April 30, 2018


Monday


Tuesday


Wednesday


Thursday


Friday


	Philly Cheese Steak, Chicken Philly Cheese Steak, Sautéed Onions, Peppers and Mushrooms, Tater Tots				

	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Garlic Chicken Pizza				


	Spicy Chicken Sandwich, Chicken Tenders w/ WG Roll, Classic Cheeseburger				

	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.				

	Little Italy Wrap, Popcorn Chicken & Romaine Salad, Blueberry Parfait w/Granola				

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

	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				
	Fat-Free Chocolate & Strawberry Milk				

School Foodservice Information

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.

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

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

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.

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

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.