



Dundee High School LUNCH MENU April 9-13, 2018

Monday Tuesday Wednesday Thursday Friday

create	Chicken Nuggets, Garlic-Parmesan Roasted Potatoes, Savory Green Beans, WG Dinner Roll	Home-Style Meatloaf, Mashed Potatoes & Gravy, Seasoned Vegetable Medley, WG Dinner Roll	Freshly Baked Potato, Homemade Vegetarian Chili, Seasoned Broccoli, Cheddar Cheese, Sour Cream, Dinner Roll	Deli Bar!	Viking Bowl! Popcorn Chicken & Mashed Potatoes, Corn, Garlic Twist
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2^{mate}	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Cheeseburger Pizza	Pepperoni & Cheese Calzone	Brooklyn Style Pepperoni Pizza	Aloha Pizza	Veggie Pizza

grill'd	Spicy Chicken Sandwich, Italian Meatball Sub, Classic Cheeseburger	Classic Chicken Sandwich, Buffalo Chicken Panini, Cheeseburger, Seasoned Fries	Spicy Chicken Sandwich, BBQ Shredded Pork Sandwich, Classic Cheeseburger	Chicken, Bacon & Swiss Sandwich, Turkey Patty Melt, BBQ Chicken Sandwich	Crispy Fish Filet Sandwich, Classic Chicken Sandwich, Cheeseburger
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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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ONE 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
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SONO CELEBRATE LATIN	Fajita Style Chicken, Beef Enchiladas, Seasoned Black Beans, Cilantro Lime Rice	Walking Taco, Fajita Style Chicken, Mexican Style Refried Beans, Cilantro Lime Rice	Bean & Cheese Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Style Chicken, Mexican Style Refried Beans, Cilantro Lime Rice	Fish Tacos, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice
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Available with all meals - minimum of 1/2 cup fruit or vegetable

EXTRA EXTRA	Mixed Green's Salad	Spinach & Cranberry Salad	Mixed Greens Salad	Spinach & Cranberry Salad	Mixed Greens Salad
	Corn Salad with Ranch	Confetti Coleslaw	Apple Salad	Corn & Pepper Salad	Sliced Cucumbers
	Green Peas	Garbanzo Beans, Fresh Broccoli	Marinated Cool Cucumbers	Fresh Celery Sticks	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

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 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 High 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	Order Your Pasta Your Way! Alfredo, Pasta with Marinara and your choice of fresh vegetables	Baked Turkey Ham, Vegetarian Baked Beans, Warm Apple Slices, Glazed Sweet Potatoes, WG Roll	Viking Bowl Friday's Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll	1/2 Day! Bag Lunch is Available
2 ^{matto}	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Cheesy French Bread Pizza	Philly Cheese Steak Pizza	BBQ Chicken Pizza	Pepperoni & Cheese Calzone	
grill'd	Philly Cheese Steak, Spicy Chicken Sandwich, Classic Cheeseburger	Chicken, Bacon, & Swiss Sandwich, Grilled Chicken Sandwich, BBQ Turkey Burger, Seasoned Fries	Classic Fish & Cheese Sandwich, Spicy Chicken Sandwich, Mozzarella Panini	Chicken & Cheddar BLT, 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.				
ON-THE-GO	Simple Egg Salad Sandwich, Turkey Cobb Salad, Blueberry Parfait w/Granola	BBQ Chicken & Wild Rice Salad w/Roll, Turkey Cheddar Ciabatta, Strawberry Parfait w/Granola, Cheese, Grape, Cracker Snack	Chicken Caesar Salad w/Roll, Ham & Swiss Pretzel Roll Sandwich, Pineapple Parfait w/Granola	Chicken Apple Salad Ciabatta Sandwich, Ham & Turkey Chef Salad w/Roll, Peach Parfait w/Granola, Cheese, Grape, Cracker Snack	
SONO <small>CELEBRATE LATIN</small>	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Chicken & Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, 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	Lettuce & Tomato Salad	Hearty Spinach & Vegetable Salad	
	Broccoli Ranch Salad w/Carrots	Pea Salad	Home-Style Potato Salad	Asian Pinto Bean Salad	
	Cauliflower Florets & Carrots	Fresh Cherry Tomatoes	Green Bean Salad, Sliced Cucumbers & Fresh Carrots	Fresh Celery Sticks	
	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
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 skim chocolate or strawberry.

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**

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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 High School LUNCH MENU April 23-27, 2018

Monday

Tuesday

Wednesday

Thursday

Friday

	Italian Beef Meatballs, Spaghetti, Seasoned Peas, Roasted Italian Vegetables	Pasta Bar! Chicken Alfredo, Pasta with Marinara and an assortment of Fresh Vegetables, WG Roll	Turkey Hot Dog, Home-Style Beef and Bean Chili, Carolina Slaw, Tater Tots	Viking Bowl! Mashed Potato & Popcorn Chicken, Seasoned Corn, Steamed Broccoli, Jalapeno Cheddar Corn Bread	Deli Bar! Fresh Made Sub Buns, Choice of assorted Lunch Meat, and Cheese topped with fresh Vegetables
	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Sausage Flat Bread	BBQ Chicken Pizza	Baked Mozzarella Cheese Sticks w/Marinara	Pepperoni & Cheese Calzone	Veggie Pizza
		Spicy Chicken Sandwich, Classic Cheeseburger, Chicken Nuggets w/Roll	Mini Corn Dogs, Grilled Chicken Sandwich, Garlic Parmesan Turkey Burger, Seasoned Fries	Italian Meatball Sub, Spicy Chicken Sandwich, Classic Cheeseburger	BBQ Rib Sandwich, Classic Chicken Sandwich, Turkey Cheeseburger, Seasoned Fries
	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 w/Granola	Mandarin Chicken Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait w/Granola	Spicy Chicken & Mozzarella Salad w/Roll, Roasted Italian Vegetable Wrap, Blueberry Parfait	Asian Chicken Salad, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait w/Granola
	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	Seasoned Taco Meat, Fajita Chicken, Seasoned Mexican Style Refried Beans, Cilantro Lime Rice	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Refried Beans, Cilantro Lime Rice	Beef Enchiladas, 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 & Cherry Tomatoes	Corn Salad W/Ranch	Marinated Cucumbers, Fresh Cherry Tomato's	Corn Salad w/Ranch	Fresh Cherry Tomato's
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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Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

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Dundee High School LUNCH MENU April 30, 2018

Monday

Tuesday

Wednesday

Thursday

Friday

	Philly Cheese Steak, Chicken Philly Cheese Steak, Sautéed Onions, Mushrooms, Peppers, Tater Tots				
	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Pepperoni & Cheese Calzone				
	Spicy Chicken Sandwich, Chicken Nuggets w/Breadstick, 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 Salad w/Roll, Blueberry Parfait w/Granola				
	Fajita Style Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice				

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

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