



Dundee Middle School LUNCH MENU April 8-12, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Crispy Chicken Tenders, Seasoned Potato Wedges, Mixed Vegetable Medley, Homemade Cornbread	Seasoned Taco Meat, Beef, Bean and Chicken Fajitas, Vegetarian Refried Beans, Cilantro Lime Rice	Sweet and Sour Chicken, Asian Rice, Sesame Green Beans, Fortune Cookie, Roll	Pepperoni Pizza Pasta Bake, Roasted Fall Vegetable Ratatouille, Garlic Bread	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, Breadstick
2nd mate	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Personal Veggie Pizza	Pepperoni & Cheese Calzone	Bacon Cheeseburger Pizza	Personal Pepperoni Pizza	Buffalo Chicken Pizza
grill'd	Crispy Chicken Sandwich, Turkey Ham & Swiss Pretzel Roll, Classic American Cheeseburger	Spicy Chicken Sandwich, Classic American Cheeseburger, Toasted Turkey Club	Crispy Chicken Sandwich, Crispy Fish Sandwich with Cheese, Cheeseburger	Crispy Chicken Sandwich, Grilled Chicken Sandwich, Mexican Cheeseburger	Crispy Chicken Sandwich, Cheeseburger, Italian Turkey Parm Burger
ON THE GO	Antipasto Italiano Salad w/Roll, Chicken Ranch Wrap, Apple Cinnamon Parfait with Granola	Popcorn Chicken Salad w/Roll, Chickpea & Spinach Wrap, Mixed Berry Smoothie with Muffin	Chicken Caesar Salad w/Roll, Ham & Swiss Pretzel Roll Sandwich, Berry Parfait with Granola	Ham & Turkey Chef Salad with WG Roll, Chicken, Swiss & Spinach Sub, Pineapple Orange Smoothie w/ String Cheese & Muffin	Buffalo Chicken Salad, Asian Chicken Wrap, Pineapple Parfait with Granola

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



Tossed Side Salad	Lettuce & Tomato Salad	Tossed Side Salad	Hearty Vegetable & Spinach Salad	Spinach and Cranberry Salad
Fresh Cauliflower Florets, Green Peas	Marinated Cool Cucumbers	Citrus Chickpea Salad	Fresh Celery Sticks, Broccoli Florets	Red and Green Pepper Strips
Fresh Baby Carrots	Fresh Cherry Tomatoes, Broccoli Florets	Sliced Cucumbers, Baby Carrots	Three Bean Salad, Baby Carrots	Celery Sticks
100 % Fruit Juice	Garbanzo Beans	100 % Fruit Juice	Baby Carrots	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

School Foodservice Information

Price: \$2.90, paid, \$.40 reduced*, free* (*if qualified)

Adult Price: \$3.75

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

USDA Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**. Additionally, program information is available in languages other than English.

To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call **(866) 632-9992**. Submit your completed form or letter to USDA by:

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.

This institution is an equal opportunity provider.



Dundee Middle School LUNCH MENU April 15-19, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Scramble Eggs, Pancakes, Turkey Sausage Patty, Home Fried Potatoes	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Vegetarian Refried Beans, Cilantro Lime Rice	Sweet & Sour Meatballs, Buttered Noodles, Sesame Green Beans, Breadstick	1/2 Day	No School!
2^{mate}	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Italian Sausage Stromboli	BBQ Chicken Pizza	Veggie Lovers Pizza		
grill'd	Crispy Chicken Sandwich, Buffalo Blue Chicken Sandwich, Classic Cheeseburger	Spicy Chicken Sandwich, Classic Cheeseburger, Pineapple Ciabatta Chicken Sandwich	Crispy Chicken Sandwich, Classic American Cheeseburger, Crispy Fish PO' Boy		
ON THE GO	Popcorn Chicken Salad with Roll, Little Italy Whole Grain Wrap, Blueberry Parfait with Granola	Mandarin Chicken Salad w/Roll, Buffalo Ranch Chicken Wrap, Strawberry Banana smoothie with Lf String cheese & Muffin	Chicken BLT Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait with Granola		

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



Lettuce & Tomato Salad	Lettuce & Tomato Salad	Spinach and Cranberry Salad		
Marinated Cool Cucumbers	Green Bean Salad	Green Bean Salad		
Green Peas, Fresh Cherry Tomatoes	Fresh Baby Carrots, Broccoli Florets	Marinated Cucumbers, Cherry Tomatoes		
100% Fruit Juice	Garbanzo Beans	100% Fruit Juice		
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 Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat 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 1% Low Fat chocolate or strawberry.

School Foodservice Information

Price: \$2.90, paid, \$.40 reduced*, free* (*if qualified)

Adult Price: \$3.75

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

USDA Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**. Additionally, program information is available in languages other than English.

To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call **(866) 632-9992**. Submit your completed form or letter to USDA by:

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.

This institution is an equal opportunity provider.



Dundee Middle School LUNCH MENU April 22-26, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Korean BBQ Bulgogi Beef Noodle Bowl, Orange Glazed Carrots, Savory Green Beans, Garlic Toast	Seasoned Taco Meat, Chicken Fajita, Seasoned Refried Beans, Cilantro Lime Rice	Breaded BBQ Chicken, Oven Fried Chicken Drumstick, Freshly Baked Potato Half, Seasoned Peas, Garlic Twist	Breakfast for lunch! Scramble Eggs, Turkey Sausage, French Toast Sticks, Apple Crisp	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, Steamed Broccoli, Dinner Roll
2^{mate}	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Meat Lovers Stromboli	Philly Cheese Steak Pizza	Veggie Pizza	Italian Sausage Flatbread	Pepperoni & Cheese Calzone
grill'd	Crispy Chicken Sandwich, Classic American Cheeseburger, Philly Cheese Steak	Spicy Chicken Sandwich, Classic American Cheeseburger, Chicken Nuggets with Roll	Crispy Chicken Sandwich, American Cheeseburger, Italian Chicken Parm Sandwich	Spicy Chicken Sandwich, American Cheeseburger, Mozzarella and Pepperoni Panini, Fries	Crispy Chicken Sandwich, BBQ Pulled Pork Sandwich, Jalapeno Cheeseburger
ON THE GO	Chicken Caesar Salad w/Roll, Turkey Ranch Wrap, Apple Cinnamon Parfait with Granola	Turkey Cobb Salad w/Roll, Simple Egg Salad Sandwich, Tropical Smoothie w/ WG Roll	Cheddar/Mozzarella Salad w/Roll, Turkey Cheddar Ciabatta, Strawberry Parfait with Granola	Popcorn Chicken Salad w/Roll, Chicken Ranch Wrap, Peachy Strawberry Smoothie with LF String Cheese & Muffin	Ham & Turkey Chef Salad with Roll, Chicken Apple Ciabatta Sandwich, Peach Parfait with Granola

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



Tossed Side Salad	Tossed Side Salad	Hearty Spinach & Vegetable Salad	Tossed Side salad	Lettuce & Tomato Salad
Citrus Kidney Bean & Garbanzo Bean Salad	Home style Potato Salad	Home style Potato Salad	Home style Potato Salad	Citrus Chickpea Salad
Fresh Baby Carrots, Sliced Cucumbers	Fresh Carrots & Celery Sticks	Fresh Cherry Tomatoes, Garbanzo Beans	Fresh Cherry Tomatoes, Garbanzo Beans	Fresh Celery Sticks, Baby Carrots
100 % Fruit Juice	Broccoli Florets	100 % Fruit Juice	Broccoli Florets	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

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 1% Low fat chocolate or strawberry.

School Foodservice Information

Price: \$2.90, paid, \$.40 reduced*, free* (*if qualified)

Adult Price: \$3.75

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

USDA Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**. Additionally, program information is available in languages other than English.

To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call **(866) 632-9992**. Submit your completed form or letter to USDA by:

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.

This institution is an equal opportunity provider.



Dundee Middle School LUNCH MENU April 29-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Chicken Nuggets with Macaroni & Cheese, Savory Green Beans, Dinner Roll	Taco Tuesday! Seasoned Taco Meat, Fajita Chicken, Vegetarian Refried Beans, Cilantro Lime Rice			
2^{mate}	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Buffalo Chicken Pizza	Italian Sausage Flatbread			
grill'd	Crispy Chicken Sandwich, Classic Cheeseburger, Philly Cheese Steak	Spicy Chicken Sandwich, Classic Cheeseburger, Mini Corn Dogs			
ON THE GO	Turkey Cobb Salad w/ Roll, Turkey & Cheese Pinwheel, Blueberry Parfait with Granola	Asian Chicken Noodle Salad w/Roll, Chicken Salad Ciabatta Sandwich, Strawberry Smoothie with String Cheese & muffin			

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



Caesar Salad	Tossed Side Salad			
Home style Potato Salad	Salad with Strawberry & Citrus			
Fresh Cauliflower & Baby Carrots	Green Peas, Baby Carrots			
100% Fruit Juice	Fresh Celery Sticks			
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			

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 1% Low fat chocolate or strawberry.

School Foodservice Information

Price: \$2.90, paid, \$.40 reduced*, free* (*if qualified)

Adult Price: \$3.75

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

USDA Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**. Additionally, program information is available in languages other than English.

To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call **(866) 632-9992**. Submit your completed form or letter to USDA by:

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.

This institution is an equal opportunity provider.