



Dundee Middle & High School December Breakfast Menu

A full student breakfast includes a choice of entrée supplying protein and/or grain, choice of up to 2 fruit side dish (minimum of 1/2 cup), and a choice of milk. Fruit sides are included in each meal at our "Extra Extra Bar", up to one cup per meal. Please contact us for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
27 Egg & Cheese Omelet Frosted Cinnamon Pop tart Shredded Mini-Wheat Sides: WG Blueberry Muffin, Assorted Whole Fruit, Chilled Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk	28 Scramble Egg Pizza, Cinnamon Stuffed Bagel, Cheerios Sides: WG Blueberry Muffin, Assorted Whole Fruit, Chilled Fruit, Goldfish Cinnamon Graham Cracker FF Chocolate Milk, 1% White Milk	29 Mexi Breakfast Wrap, Cornflakes, Blueberry Bash Waffles, Raspberry Rainbow Yogurt Sides: Graham Crackers, Chilled fruit, Fresh Fruit, String Cheese FF Chocolate Milk, 1% White Milk	30 Sausage & Cheese English Muffin, Cheerios, It's Almost Summer Smoothie, Frosted Strawberry Poptart Sides: Graham Crackers, Chilled fruit, Fresh Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk	1 Egg & Cheese Bagel, Shredded Mini- Wheats, Vanilla Cinnamon Smoothie, Frosted Poptart Sides: Graham Crackers, Chilled Fruit, Whole Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk
4 Turkey Ham & Egg Burrito, WG French Toast, Cheerios, Crunchy Banana Parfait Sides: Graham Crackers, Chilled Fruit, Whole Fruit, Raisins FF Chocolate Milk, 1% White Milk	5 Mini Blueberry Pancakes Cinnamon Roll Smoothie, Shredded Mini Wheats, Strawberry Cream Cheese Bagel Graham Crackers, Chilled Fruit, Fresh Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk	6 Egg & Cheese Bagel, WG Blueberry Mini Pancake, Strawberry Banana Yogurt, RS Apple Jacks Bunny Grahams, Chilled Fruit, Fresh Fruit, Sweet Raisins FF Chocolate Milk, 1% White Milk	7 Bacon Scramble Breakfast Pizza, Cinnamon Pop tart, Cheerios, WG Waffles WG Blueberry Muffin, Chilled Fruit, Fresh Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk	8 Turkey Sausage Pancake on a stick, Cherry Frudel, RS Apple Jacks Cereal, Strawberry Pop tart Graham Crackers, Chilled Fruit, Fresh Fruit, Sweet Raisins FF Chocolate Milk, 1% White Milk
11 Egg & Ch. Burrito, Blueberry Bash Waffles, Cheerios, Berry Patch Smoothie Sides: WG Cinnamon Toast, Fresh Grapes, Sweet Raisins, Graham Crackers FF Chocolate Milk, 1% White Milk	12 Scramble Egg Pizza, Cinnamon Stuffed Bagel, Mini Blueberry Pancakes, Strawberry Pop tart Graham Crackers, 100% Fruit Juice, Orange Wedges, LF String Cheese FF Chocolate Milk, 1% White Milk	13 Sausage & Cheese English Muffin, WG Berry Mini French Toast, Strawberry Banana Yogurt Graham Crackers, Chilled Fruit, Fresh Whole Fruit, Raisins FF Chocolate Milk, 1% White Milk	14 Egg & Cheese Bagel, Scramble Egg Pizza, Apple Pie Smoothie, RS Apple Jacks Cereal Bunny Grahams, 100% Fruit Juice, Fresh Whole Fruit, Chilled Fruit FF Chocolate Milk, 1% White Milk	15 Turkey Ham, Egg & Cheese Burrito, Mini Pancakes, Strawberry Bagel, Cheerios Assorted Chilled Fruit, Fresh Whole Fruit, LF String Cheese FF Chocolate Milk, 1% White Milk
18 Sausage, Egg & Cheese Burrito, WG Cinnamon Mini French Toast, Cinnamon Cream Cheese Bagel, Frosted Mini Wheats Sides: Graham Crackers, Chilled Fruit, Whole Fruit FF Chocolate Milk, 1% White Milk	19 Breakfast Sausage Pizza, Raspberry Yogurt, Cornflakes, Mini Blueberry Pancakes Bunny Grahams, String Cheese, 100% Fruit Juice, Fresh Whole Fruit FF Chocolate Milk, 1% White Milk	20 Egg & Cheese Bagel, Reduced Sugar Apple Jacks, Turkey Sausage Pancake, Cherry Frudel Sides: Muffin, Chilled fruit, Fresh Fruit FF Chocolate Milk, 1% White Milk	21 Mexi-Breakfast Whole Grain Wrap, Scramble Egg Pizza, Cornflakes, Strawberry Cream Cheese Bagel Sides: Graham Crackers, Fresh Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk	22 Sausage & Cheese on English Muffin, Raspberry Rainbow Yogurt, Shredded Mini- Wheats, Frosted Poptart Sides: Graham Crackers, Chilled Fruit, Whole Fruit FF Chocolate Milk, 1% White Milk
23	24	25	26	27

USDA is an equal opportunity provider and employer.

School Foodservice Information:

Breakfast Price: \$1.30 paid, \$.30 reduced, free (if qualified) \$1.65 Adult

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 Chartwells' 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

