



Dundee Middle & High School February 2018 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 |
|--|---|---|---|---|
| | | | 2 | 3 |
| | | | <p>Banana Chocolate Benefit Bar, Blueberry Bash Waffle, Assorted Cereal, Fresh Made Omelet</p> <p>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Breakfast Taco, Mini Blueberry Pancake, Assorted Cereal, Frosted Pop-Tart</p> <p>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> |
| 5 | 6 | 7 | 8 | 9 |
| <p>Bacon Egg & Cheese Sandwich, Mixed Berry & Yogurt Parfait, Assorted Cereal, Skewered Sausage Pancake</p> <p>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Frosted Pop-Tart, Ham, Egg & Cheese Burrito, Mini Maple Assorted Cereal, Pancakes</p> <p>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, 100% Fruit Juice</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Turkey Ham, Egg & Cheese Bagel, Strawberry Cream Cheese Bagel, Assorted Cereal, Cobblestone Breakfast Rolls</p> <p>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Egg & Sausage Breakfast Calzone, It's Almost Summer Smoothie, Frosted Strawberry Pop-Tart, Assorted Cereal</p> <p>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, 100% Fruit Juice</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Sausage & Cheese English Muffin, Banana Chocolate Benefit Bar, Mini French Toast, Cinnamon Cream Cheese Bagel</p> <p>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> |
| 12 | 13 | 14 | 15 | 16 |
| <p>Sausage, Egg & Cheese Burrito, Mini French Toast, Apple Frudel, Assorted Cereal</p> <p>Graham Crackers, Chilled Fruit, Fresh Whole Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Breakfast Turkey Sausage Pizza, Apple Cinnamon Smoothie, Assorted Cereal, Mini Blueberry Pancakes</p> <p>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Fresh Baked Cinnamon Roll, Egg & Cheese Bagel, Assorted Cereal, Frosted Pop-Tart</p> <p>Graham Crackers, Chilled Fruit, Fresh Whole Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Strawberry Cream Cheese Bagel, Strawberry Yogurt, Scramble Egg Pizza, Assorted Cereal</p> <p>Bunny Grahams, 100% Fruit Juice, Fresh Whole Fruit, Chilled Fruit</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Sausage & Cheese English Muffin, Mini Waffles, Assorted Cereal, It's Almost Summer Smoothie</p> <p>Assorted Chilled Fruit, Fresh Whole Fruit, LF String Cheese</p> <p>FF Chocolate Milk, 1% White Milk</p> |
| 19 | 20 | 21 | 22 | 23 |
| <p>No School!!</p> <p>President's Day</p> | <p>Scramble Egg Pizza, Assorted Cereal, Mini Blueberry Pancakes, Yogurt</p> <p>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Mexi-Breakfast Wrap, Blueberry Bash Waffles, Fresh Baked Cinnamon Roll, Assorted Cereal</p> <p>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins, Muffin</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Sausage & Cheese English Muffin, Assorted Cereal, It's Almost Summer Smoothie, Frosted Pop-Tart</p> <p>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Egg & Cheese Bagel, Cinnamon Oatmeal, Assorted Cereal, Frosted Pop-Tart</p> <p>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> |
| 26 | 27 | 28 | 1 | 2 |
| <p>Turkey Ham, Egg & Cheese Burrito, Mini French Toast Bites, Very Berry Yogurt Parfait, Assorted Cereal</p> <p>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Mini Pancakes, Vanilla Cinnamon Smoothie, Strawberry Cream Cheese Bagel, Assorted Cereal</p> <p>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Fresh Baked Cinnamon Roll, Egg & Cheese Bagel, Assorted Cereal, Yogurt</p> <p>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins, Muffin</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Banana Chocolate Benefit Bar, Blueberry Bash Waffle, Assorted Cereal, Fresh Made Omelet</p> <p>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> | <p>Breakfast Taco, Mini Blueberry Pancake, Assorted Cereal, Frosted Pop-Tart</p> <p>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</p> <p>FF Chocolate Milk, 1% White Milk</p> |

USDA is an equal opportunity provider and employer.

School Foodservice Information:

Breakfast Price: \$1.30 paid, \$.30 reduced, free (if qualified) \$1.70 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

