



Dundee Middle School LUNCH MENU February 5-9, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Italian Baked Pasta Savory Green Beans, WG Toasted Garlic Bread	Chicken Fajita, Walking Beef Taco, Cilantro Lime Rice, Mexican Style Refried Beans	Veggie Chili & Cheese Baked Potato, Seasoned Broccoli Florets, Seasoned Green Beans, WG Dinner Roll	Chicken & Waffles, Seasoned Peas, Herb Roasted Potatoes	Viking Bowl! Popcorn & Chicken Bowl with Seasoned Corn, Cheddar Cheese, WG Roll
2nd mate	Daily Selections: Classic Cheese & Pepperoni Pizza				
	Cheeseburger Pizza	Pepperoni & Cheese Calzone	Brooklyn Style Pepperoni Flatbread	Aloha Pizza	Veggie Pizza
grill'd	Italian Meatball Sub, Spicy Chicken Sandwich, Classic Cheeseburger	Buffalo Chicken Panini, Classic Chicken Sandwich, Mushroom & Swiss Burger, Sweet Potato Tots	Spicy Chicken sandwich, Italian Hoagie, Classic Cheeseburger	Three Cheese Pretzel Sandwich, Classic Chicken Patty, Turkey Patty Melt	Classic Fish & Cheese Sandwich, BBQ Cheddar Chicken Sandwich, Cheeseburger
ON-THE-GO	Strawberry Chicken Sandwich, Turkey Ranch Wrap, Strawberry Parfait w/Granola	Popcorn Chicken Salad w/Roll, Curried Chicken Salad Sandwich, Blueberry Parfait w/Granola	Turkey Ham Chef Salad w/Roll, Tuna Salad Sub, Apple Cinnamon Parfait w/Granola	Chicken Penne Pasta w/WG Roll, Honey Mustard Turkey Ham & Cheese Wrap, Strawberry Parfait w/Granola	Chicken & Apple-Cheddar Salad, Turkey Ham & Cheese Hoagie, Apple Cinnamon Parfait w/Granola

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

Spinach & Cranberry Salad	Spinach & Cranberry Salad	Spinach & Cranberry Salad	Spinach & Cranberry Salad	Spinach & Cranberry Salad
Corn & Black Bean Salad	Cilantro Lime Coleslaw	Cream Carrot & Raisin Salad	Cilantro Lime Coleslaw	Corn & Black Bean Salad
Green Peas & Baby Carrots	Fresh Broccoli	Marinated Cool Cucumbers	Cream Carrot & Raisin Salad	Sliced Cucumbers
100% Fruit Juice	Garbanzo Beans	Fresh Cherry Tomatoes	Kidney Beans, Celery Sticks	Fresh 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
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

EXTRA EXTRA

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 February 12-16, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Chicken Alfredo, Rotini with Italian Meat sauce, w/WG Dinner Roll, Seasoned Broccoli	Sono Bar!	Goulash with Homemade Cornbread, Roasted Fall Vegetable Ratatouille, Peach Cobbler	Chicken Lo Mein, Sesame Green Beans, Asian Brown Rice with a Fortune Cookie	1/2 Day. Bag Lunch Available. Including: Sandwich, Fresh Fruit, Vegetable and Choice of Milk

Daily Selections: Classic Cheese & Pepperoni Pizza				
	Cheesy French Bread Pizza	Philly Cheese Steak Pizza	Hearted Shaped Personal Pizza	Pepperoni Calzone
	Philly Cheese Steak, Spicy Chicken Sandwich, Classic Cheeseburger	Mozzarella & Mushroom Panini, Classic Chicken Sandwich, BBQ Turkey Burger	Monte Cristo with Turkey Ham, Chicken Cordon Blue Sandwich, Cheeseburger	Three Cheese Pretzel Sandwich, Chicken Patty
	Cobb Salad w/ WG Roll, Egg Salad Sandwich, Blueberry Parfait w/Granola	Antipasta Italiano Salad, Turkey Cheddar Ciabatta, Strawberry Parfait w/Granola	Chicken Caesar Salad, Tuna Salad Sub, Apple Cinnamon Parfait w/Granola	Chicken Penne Pasta, Honey Mustard Turkey Ham & Cheese, Peach Parfait w/Granola
		Walking Beef Taco, Chicken Fajitas, Seasoned Refried Beans, Cilantro Lime Rice		

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



Spinach and Cranberry Salad	Hearty Spinach Vegetable Salad	Spinach and Cranberry Salad	Hearty Spinach Vegetable Salad	Spinach and Cranberry Salad
Marinated Tomato & Cucumbers	Asian Pinto Bean Salad	Marinated Tomato & Cucumbers	Marinated Tomato & Cucumbers	Asian Pinto Bean Salad
Power Peas, Baby Carrots	Pea Salad, Garbanzo Beans	Fresh Cherry Tomatoes, Sweet Potato Salad	Asian Pinto Bean Salad, Kidney Beans	Sliced Cucumbers, Baby Carrots
100% Fruit Juice	Fresh Broccoli Florets	100% Fruit Juice	Fresh Celery Sticks	100% Fruit Juice
Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, 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

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 February 19-23, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	No School! President's Day	Sono Bar!	Honey Roasted BBQ Chicken, Potatoes Au Gratin, Boston Baked Beans, Blueberry Crisp	Breakfast for Lunch! Pancakes, Scramble Eggs w/Cheese, Turkey Sausage and Home Fried Potatoes	Chinese New Year! Teriyaki Glazed Beef, Chicken Fried Rice, Chicken Egg Roll, Asian Brown Rice, Sesame Soy Roasted Carrots
	Daily Selections: Classic Cheese & Pepperoni Pizza				
		BBQ Chicken Pizza	Spinach Ricotta Pizza	Pepperoni & Cheese Calzone	Veggie Pizza
		Classic Chicken Sandwich, Garlic Parmesan Turkey Burger, Mini Turkey Corn Dogs	Italian Meatball Sub, Spicy Chicken Sandwich, Classic Cheeseburger	BBQ Rib-B-Q Sandwich, Classic Chicken Sandwich, Turkey Patty Melt	Classic Fish & Cheese Sandwich, Italian Chicken Parm Sandwich, Classic Cheeseburger
		Mandarin Chicken Salad, Turkey & Cheese Pinwheel, Peach Parfait with Granola	Curry Chicken Salad Plate, Roasted Italian Vegetable Wrap, Blueberry Parfait with Granola	Buffalo Chicken & Barley Salad, Honey Mustard Turkey Ham & Cheese Sandwich, Strawberry Parfait w/Granola	Vegan Mediterranean Salad, Chicken Ranch Wrap, Blueberry Parfait with Granola



	Bean & Cheese Quesadilla, Vegetarian Refried Beans, Seasoned Taco Meat, Cilantro lime Rice			
--	---	--	--	--

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

	Spinach and Cranberry Salad	Spinach and Cranberry Salad	Spinach and Cranberry Salad	Mixed Greens Salad
	Cilantro Lime Coleslaw	Marinated Cucumbers	Cilantro Lime Coleslaw	Chef Jet Broccoli Salad
	Corn Salad With Ranch	Cream Carrot & Raisin Salad, Fresh Cherry Tomatoes	Corn Salad with Ranch	Creamy Carrot & Raisin Salad
	Garbanzo Beans & Fresh Broccoli	100 % Fruit Juice	Celery Sticks, Kidney Beans	100 % Fruit Juice
	Fresh Whole Fruit/ Chilled Canned Fruit	Fresh Whole Fruit/ Chilled Canned Fruit	Fresh Whole Fruit/ Chilled Canned Fruit	Fresh Whole Fruit/ Chilled Canned Fruit
	1% Low-Fat Milk	1% Low-Fat Milk	Fresh Whole Fruit/ Chilled Canned Fruit	Fresh Whole Fruit/ Chilled Canned Fruit
	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 February 26-March 2, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Macaroni & Cheese w/WG Roll, Seasoned Carrots, Steamed Peas	Taco Tuesday!!	Philly Cheese Steak, Chicken Philly Cheese Steak, Sautéed Peppers, Onions, Mushrooms and Tater Tots	Orange Chicken Stir Fry, Sweet & Sour Chicken, Lucky Fried Rice, Sesame Green Beans, Crunchy Asian Topping	Viking Bowl! Mashed Potatoes Popcorn Chicken Seasoned Corn Steamed Broccoli Dinner Roll
2^{mat}	Daily Selections: Classic Cheese & Pepperoni Pizza				
	Garlic Chicken Pizza	BBQ Chicken Pizza	Bosco Sticks w/Marinara Sauce	Beef Taco Pizza	Spinach Ricotta Pizza
grill'd	Spicy Chicken Patty, Cheeseburger, Chicken Tenders w/Breadstick	Mini Corn Dogs, Classic Chicken Sandwich, Garlic Parmesan Turkey Burger	Mozzarella and Tomato Panini, Spicy Chicken Sandwich, Classic Cheeseburger	BBQ Rib-B-Q Sandwich, Classic Chicken sandwich, Ham & Cheese Bagel Melt	Classic Fish & Cheese Sandwich, Spicy Chicken Sandwich, Cheeseburger
ON-THE-GO	Greek Chicken Salad with Chicken, Egg Salad Sandwich, Pineapple Parfait w/Granola	Mandarin Chicken Salad w/ WG Roll, Turkey & Cheese Pinwheel, Peach Parfait w/Granola	Turkey Ham Chef Salad, Tuna Salad Sub, Berry Parfait	Mixed Greens with Cheese, Chicken Salad Ciabatta Sandwich, Strawberry Parfait w/Granola	Antipasta Italiano Salad, Chicken Caesar Salad Wrap, Pineapple Parfait with Granola
sono <small>CELEBRATE LATIN</small>		Chicken Fajitas, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice			

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

Mixed Green salad	Spinach & Cranberry Salad	Mixed Green salad	Mixed Green salad	Mixed Green salad
Marinated Cool Cucumbers	Cilantro Lime Coleslaw	Broccoli Ranch Salad with Carrots	Homestyle Potato Salad	Broccoli Ranch Salad with Carrots
Power Peas & Cherry Tomatoes	Corn Salad with Ranch	Marinated Cool Cucumbers	Green Bean Salad	100% Fruit Juice
100% Fruit Juice	Garbanzo Beans & Fresh Broccoli Florets	Fresh Cherry Tomatoes	Kidney Beans, Celery Sticks	Sliced Cucumbers & Fresh Baby Carrots
Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, 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
--------------------------------------	--------------------------------------	--------------------------------------	--------------------------------------	--------------------------------------

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.

η,

,





