



## Dundee High School LUNCH MENU January 3-4, 2019

Monday                      Tuesday                      Wednesday                      Thursday                      Friday

<b>create</b>				Deli Bar!	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll

<b>2<sup>mate</sup></b>	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
				Aloha Pizza	Bacon Cheeseburger Pizza

<b>grill'd</b>				Spicy Chicken Sandwich, Toasty Three Cheese Sandwich, Bacon Cheeseburger, Seasoned Fries	Crispy Chicken Sandwich, Turkey Cheeseburger, BBQ Pulled Pork Sandwich, Seasoned Corn

<b>SO DELI</b>	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.				

<b>ON THE GO</b>				Honey Mustard Turkey Ham & Cheese Sandwich, Buffalo Popcorn Chicken Salad w/Roll, Strawberry Parfait with Granola	Honey Mustard Turkey Ham & Cheese Sandwich, Asian Chicken Salad w/WG Roll, Strawberry Parfait with Granola
<b>SONO</b> <small>CELEBRATE LATIN</small>				Seasoned Taco Meat, Hot Chicken & Black Bean Rice Bowl, Queso Cheese, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Chicken, Seasoned Black Beans, Cilantro Lime Rice, Creamy Cheddar Cheese Sauce

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

<b>EXTRA! EXTRA!</b>				Spinach and Cranberry Salad	Lettuce & Tomato Salad
				Fresh Cherry Tomatoes	Sliced Cucumbers
				Fresh Celery Sticks, Broccoli Florets	Fresh Celery Sticks, Baby Carrots
				Kidney Beans	100% Fresh Fruit Juice
				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

**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 1% Low Fat chocolate or strawberry.**

#### **School Foodservice Information**

Price: \$2.90, 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](http://www.EatLearnLive.com)**

#### **USDA Nondiscrimination Statement**

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#### **mail:**

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## Dundee High School LUNCH MENU January 7-11, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Burger Bar! Classic Cheeseburger, Turkey Cheeseburger, Black Bean Burger, Sweet Potato Fries, Vegetarian Baked Beans	Pasta Day! Chicken Alfredo, Meatballs in Spaghetti Sauce tossed to order with fresh vegetables, WG Garlic Toast	Homemade Chicken Noodle Soup with Toasted Trip Cheese Sandwich, Seasoned Peas	Deli Bar!	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll
<b>2<sup>mate</sup></b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Buffalo Chicken Pizza	Italian Sausage Flatbread	Veggie Pizza	Order your own Personal Pizza	Aloha Pizza
<b>grill'd</b>	Crispy Chicken Sandwich, Classic Cheeseburger, Philly Cheese Steak	Spicy Chicken Sandwich, Classic Cheeseburger, Chicken Nuggets with WG Roll, Seasoned Fries	Crispy Chicken Sandwich, Classic American Cheeseburger, Italian Meatball Sub	Crispy Chicken Sandwich, Classic Cheeseburger, Italian Chicken Parmesan Sandwich, Seasoned Fries	Crispy Chicken Sandwich, Turkey Cheeseburger, BBQ Pulled Pork Sandwich
<b>SO DELI</b>	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.				
<b>ON THE GO</b>	Turkey Cobb Salad w/ Roll, Turkey & Cheese Pinwheel, Blueberry Parfait with Granola	Asian Chicken Noodle Salad w/Roll, Chicken Salad Ciabatta Sandwich, Blueberry Parfait with Granola	Mandarin Chicken Salad w/Roll, Buffalo Popcorn Chicken Wrap, Peach Parfait with Granola	Buffalo Popcorn Chicken Salad w/Roll, Honey Mustard Turkey Ham & Cheese Sandwich, Apple Cinnamon Parfait with Granola	Cheddar/Mozzarella Salad w/Roll, Honey Mustard Turkey Ham & Cheese Sandwich, Berry Parfait with Granola
<b>SONO CELEBRATE LATIN</b>	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	Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Beef Enchilada, Seasoned Taco Meat, Vegetarian Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Chicken, Seasoned Mexican Style Refried Beans, Cilantro Lime Rice

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

Caesar Salad	Mixed Greens salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad	Lettuce & Tomato Salad
Home style Potato Salad	Home style Potato Salad	Home Style Potato Salad	Home style Potato Salad	Home style Potato Salad
Fresh Cauliflower & Baby Carrots	Green Peas, Baby Carrots	Vegetable Crudit� Cup, Garbanzo Beans	Fresh Celery Sticks, Kidney Beans	Fresh Baby Carrots, Celery Sticks
100% Fruit Juice	Fresh Celery Sticks	100% Fruit Juice	Strawberry Cups	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



**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 1% Low Fat chocolate or strawberry.**

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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 January 14-18, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	The Perfect Sloppy Joe, Baked Beans, Tater Tots	Pasta made to Order! Pasta Alfredo, Marinara sauce, Fresh Vegetables, Garlic Toast	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, Steamed Broccoli, Garlic Twist	1/2 Day! Bag Lunch Available	1/2 Day! Bag Lunch Available
<b>2<sup>nd</sup> mateo</b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Personal Veggie Pizza	Pepperoni & Cheese Calzone	Bacon Cheeseburger Pizza		
<b>grill'd</b>	Crispy Chicken Sandwich, Turkey Ham & Swiss Pretzel Roll, Classic American Cheeseburger	Spicy Chicken Sandwich, Classic American Cheeseburger, Toasted Turkey Club, Fries	Crispy Chicken Sandwich, Crispy Fish Sandwich with Cheese, Mozzarella and Pepperoni Panini		
<b>SO DELI</b>	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.				
<b>ON THE GO</b>	Antipasto Italiano Salad w/Roll, Chicken Ranch Wrap, Apple Cinnamon Parfait with Granola	Popcorn Chicken Salad w/Roll, Chickpea & Spinach Wrap, Peach Parfait with Granola	Chicken Caesar Salad w/Roll, Ham & Swiss Pretzel Roll Sandwich, Berry Parfait with Granola		
<b>sono</b> CELEBRATE LATIN	Fajita Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Chicken & Cheese Quesadilla, Mexican Style Refried Beans, Cilantro Lime Rice	Fajita Chicken, 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	Mixed Greens Salad		
Fresh Cauliflower Florets, Green Peas	Marinated Cool Cucumbers	Citrus Chickpea Salad		
Fresh Baby Carrots	Fresh Cherry Tomatoes, Broccoli Florets	Sliced Cucumbers, Baby Carrots		
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

**HIGH:** A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes

**NOTE: A full student lunch includes a choice of entree 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.**

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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

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## Dundee High School LUNCH MENU January 21-25, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	No School!	Pasta made to Order! Pasta Alfredo, Meatballs in Spaghetti sauce, Fresh Vegetables, Garlic Toast	Breakfast for Lunch! Pancakes, Scramble eggs with Cheddar Cheese, Turkey Sausage, Home Fried Potatoes	Deli Bar!	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, WG Dinner Roll
<b>2<sup>mato</sup></b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
		BBQ Chicken Pizza	Bacon Cheeseburger pizza	Made to Order Personal Pizza	Aloha Pizza
<b>grill'd</b>		Spicy Chicken Sandwich, Italian Turkey Parm Burger, Mozzarella and Pepperoni Panini	Crispy Chicken Sandwich, Classic American Cheeseburger, Italian Meatball Sub, Fries	Spicy Chicken Sandwich, Turkey Cheeseburger, BBQ Pulled Pork Sandwich	Crispy Chicken Sandwich, Classic American Cheeseburger, BBQ Chicken Sandwich, Fries
<b>SO DELI</b>	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.				
<b>ON-THE-GO</b>		Mandarin Chicken Salad w/Roll, Buffalo Ranch Chicken Wrap, Blueberry Parfait with Granola	Chicken BLT Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait with Granola	Asian Chicken Salad w/Roll, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola	Spicy Chicken & Mozzarella Salad w/Roll, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola
<b>SONO</b> CELEBRATE LATE		Seasoned Taco Meat, Chicken & Cheese Quesadilla, Mexican Style Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Beef Enchiladas, Seasoned Black Beans, Cilantro Lime Rice	Seasoned Taco Meat, Cheese Quesadilla, Mexican Style Refried Beans, Cilantro Lime Rice	Black Bean & Corn Nachos, Seasoned Taco Meat, Cilantro Lime Rice

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

	Lettuce & Tomato Salad	Spinach and Cranberry Salad	Lettuce & Tomato Salad	Spinach and Cranberry Salad
	Green Bean Salad	Green Bean Salad	Green Bean Salad	Fresh Cauliflower Florets
	Fresh Baby Carrots, Broccoli Florets	Marinated Cucumbers, Cherry Tomatoes	Sliced Cucumbers, Celery Sticks	Fresh Cherry Tomatoes, Celery Sticks
	Garbanzo Beans	100% Fruit Juice	Baby Carrots	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
	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



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## Dundee High School LUNCH MENU January 28-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Meatballs in Zesty Marinara with Spaghetti, WG Garlic Toast, Roasted Italian Vegetables	General Tso's Chicken, Sesame Green Beans, Asian Brown Rice, WG Dinner Roll	BBq Chicken, Freshly Baked Potato Half, Seasoned Broccoli Florets, WG Dinner Roll	Breakfast for lunch! Scramble Eggs, Turkey Sausage, French Toast Sticks, Baked Apple Slices	
<b>2<sup>matto</sup></b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Meat Lovers Stromboli	Mexican Pepper Tomato & Olive Pizza	Philly Cheese Steak Pizza	Made to order Personal Pizza	
<b>grill'd</b>	Crispy Chicken Sandwich, Classic American Cheeseburger, Mushroom & Swiss Burger	Spicy Chicken Sandwich, Classic American Cheeseburger, Philly Cheese Steak, Fries	Crispy Chicken Sandwich, American Cheeseburger, Italian Chicken Parm Sandwich	Spicy Chicken Sandwich, American Cheeseburger, Mozzarella and Pepperoni Panini, Fries	
<b>SO DELI</b>	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.				
<b>ON THE GO</b>	Chicken Caesar Salad w/Roll, Turkey Ranch Wrap, Apple Cinnamon Parfait with Granola	Turkey Cobb Salad w/Roll, Simple Egg Salad Sandwich, Blueberry Parfait with Granola	Cheddar/Mozzarella Salad w/Roll, Turkey Cheddar Ciabatta, Strawberry Parfait with Granola	Popcorn Chicken Salad w/Roll, Chicken Ranch Wrap, Strawberry Parfait with Granola	
<b>SONO</b> <small>CELEBRATE LATIN</small>	Fajita Chicken, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Seasoned Taco Meat, Bean Burrito, Vegetarian Refried Beans, Mexicali Corn, Cilantro Lime Rice	Beef Enchiladas, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Fajita Chicken, Seasoned Taco Meat, Mexicali Corn, Cilantro Lime Rice	

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



Mixed Greens Salad	Mixed Greens Salad	Hearty Spinach & Vegetable Salad	Mixed Greens Salad	
Home style Potato Salad	Home style Potato Salad	Home style Potato Salad	Home style Potato Salad	
Fresh Baby Carrots	Fresh Carrots & Celery Sticks	Fresh Cherry Tomatoes, Garbanzo Beans	Fresh Cherry Tomatoes, Garbanzo Beans	
100 % Fruit Juice	Broccoli Florets	100 % Fruit Juice	Broccoli Florets	
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 Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	

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