



Dundee Middle & High School January 2019 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 Bar", up to one cup per meal. Please contact us for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
			Turkey Sausage Egg & Cheese Sliders, Strawberry Cream Cheese Bagel, Assorted Poptarts, Mini Pancakes, Assorted Cereal, Benefit Bar	Turkey Ham, Egg & Cheese Burrito, Mini Maple Waffles, Cereal Bar, Berry Parfait with Granola, Assorted Poptarts
			Sides: Graham Crackers, Fresh Fruit, 100% Fruit Juice	Sides: Graham Crackers, Fresh Fruit, Raisins
			1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk
7	8	9	10	11
Apple Cinnamon Benefit Bar, Colby Cheese Omelet, Mini French Toast, Cereal Bar, Assorted Poptarts	Egg & Cheese Bagel, Assorted Cereal, Apple Cinnamon Benefit Bar, Cereal Bar, Assorted Poptarts	Scramble Egg Pizza, Benefit Bar, Strawberry Smoothie, Mini French Toast, Assorted Cereal & Poptarts	Sausage & Cheese English Muffin, Assorted Cereal, Mini Waffles, Cereal Bar, Banana Chocolate Chunk Benefit Bar, Assorted Poptarts	Turkey Ham, Egg & Cheese Burrito, Assorted Cereal, Strawberry Cream Cheese Bagel, Breakfast Pizza, Assorted Poptarts
Graham Crackers, Assorted Chilled Fruit, Fresh Whole Fruit	Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Craisins	Banana Muffin, Fresh Whole Fruit, Raisins	Graham Crackers, 100% Fruit Juice, Fresh Whole Fruit, Craisins	Fresh Whole Fruit, Graham Crackers, Sweet Raisins
1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk
14	15	16	17	18
Turkey Sausage Breakfast Pizza, Mini French Toast, Assorted Cereal, Trix Bar, Benefit Bar, Assorted Pop tart	Fresh Baked Cinnamon Roll, Mini Waffles, Assorted Cereal, Benefit Bar, Trix Bar, Assorted Pop Tarts	Egg & Cheese Sandwich, Strawberry Banana Smoothie, Mini French Toast, Assorted Cereal, Trix Bar, Assorted Pop Tarts	Sausage & Cheese English Muffin, Bacon Scramble Breakfast Pizza, Cereal Bar, Apple Cinnamon Benefit Bar, Assorted Cereal, Assorted Pop Tarts	Sausage, Egg & Cheese Croissant, Assorted Cereal, Mini Pancakes, Apple Cinnamon Benefit Bar, Trix Bar, Assorted Pop Tarts
Sides: Graham Crackers, Fresh Fruit, Raisins	Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Craisins	Graham Crackers, Assorted Chilled Fruit, Fresh Whole Fruit	Fresh Whole fruit, Craisins, 100% Fruit Juice	Graham Crackers, Craisins, Fresh Orange Wedges
1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk
21	22	23	24	25
NO School	Omelet, Benefit Bar, Assorted Cereal, Mini Maple Pancake, Trix Cereal Bar, Assorted Pop Tarts	Egg & Cheese Sandwich, Cinnamon Roll, Trix Bar, Assorted Cereal, Benefit Bar, Assorted Pop Tarts	Strawberry Smoothie, Berry Mini French Toast, Assorted Cereal, Benefit Bar, Cereal Bar, Assorted Pop Tarts	Sausage, Egg & Cheese English Muffin, Blueberry Bash Waffles, Cereal Bar, Assorted Cereal, Benefit Bar, Assorted Pop Tarts
	Graham Crackers, Craisins, Fresh Orange Wedges, 100% Fruit Juice	Graham Crackers, Fresh Fruit, Raisins	Blueberry Muffin, 100% Fruit Juice, Fresh Whole Fruit, Craisins	Graham Crackers, Fresh Fruit, Raisins
	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk
28	29	30	31	
Sausage & Egg Croissant, Turkey Sausage Breakfast Pizza, Apple Frudel, Trix Bar, Assorted Cereal, Assorted Pop Tarts	Omelet, Benefit Bar, Assorted Cereal, Mini Blueberry Pancake, Trix Cereal Bar, Assorted Pop Tarts	Scramble Egg Pizza, Cinnamon Roll, Benefit Bar, Pineapple Orange Smoothie, Mini French Toast, Assorted Cereal & Poptarts	Turkey Sausage Egg & Cheese Sliders, Strawberry Cream Cheese Bagel, Assorted Poptarts, Mini Pancakes, Assorted Cereal, Benefit Bar	
Sides: Graham Crackers, Fresh Fruit, Raisins	Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Craisins	Banana Muffin, Fresh Whole Fruit, Raisins	Fresh Whole fruit, Craisins, 100% Fruit Juice, Graham Crackers	
1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	1% Low Fat Chocolate Milk, 1% White Milk	

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
 Shelita.farris@Dundee.k12.mi.us
 734-529-2350 X11014

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.

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.

