



## Dundee High School LUNCH MENU February 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>					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				
					Sicilian Pizza Pocket
<b>grill'd</b>					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>					Asian Chicken Salad with WG Roll, Honey Mustard Turkey Ham
<b>SONO</b> CELEBRATE LATIN					Seasoned Taco Meat, Fajita Chicken, Seasoned Mexican Style Refried Beans, Cilantro Lime Rice

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

					Lettuce & Tomato Salad
					Home style Potato Salad
					Fresh Baby Carrots, Celery Sticks
					100% Fruit Juice
					Fresh Whole Fruit & Assorted Chilled Fruit
					1% Low-Fat 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: \$3.75

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)**

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## Dundee High School LUNCH MENU February 4-8, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Burger Bar!, Cheeseburger, Turkey Cheeseburger, Black bean Burger, Sweet Potato Fries, Vegetarian Baked beans	Pasta made to Order! Pasta Alfredo, Meatballs in Marinara sauce, Fresh Vegetables, Garlic Toast	Thai Chicken Pineapple Noodle Bowl with Sesame Soy Roasted Carrots	Deli Bar	Viking Bowl! Mashed Potato & Popcorn Chicken Bowl with Seasoned Corn, Broccoli and WG Dinner Roll
<b>2<sup>mate</sup></b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Buffalo Chicken Pizza	Italian Sausage Flatbread	Veggie Lover's Pizza	Create your own Personal Pizza	Aloha Pizza
<b>grill'd</b>	Crispy Chicken Sandwich, Classic American Cheeseburger, Philly Cheese Steak	Spicy Chicken Sandwich, Classic American Cheeseburger, Chicken Nuggets with Roll, Seasoned fries	Crispy Chicken Sandwich, American Cheeseburger, Italian Meatball Sub	Crispy Chicken Sandwich, Italian Chicken Parm Sandwich, Cheeseburger, Seasoned Fries	Crispy Chicken Sandwich, BBQ Pulled Pork Sandwich, Turkey Cheeseburger
<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 with Roll, Turkey & Cheese Pinwheel, Blueberry Parfait with Granola	Asian Chicken Noodle Salad with Roll, Chicken Salad Ciabatta Sandwich, Blueberry Parfait with granola	Mandarin Chicken Salad with Roll, Buffalo Popcorn Chicken Wrap, Peach Parfait with Granola	Buffalo Popcorn Chicken Salad with Roll, Honey Mustard Turkey Ham & Cheese, Peach Parfait with Granola	Cheddar/Mozzarella Salad with Roll, Honey Mustard Turkey Ham & Cheese, Berry Parfait with Granola
<b>SONO</b> CELEBRATE LATIN	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Style Chicken, Mexican Style Refried Beans, Cilantro Lime Rice	Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Beef Enchiladas, Seasoned Taco Meat, Vegetarian Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Style Chicken, Vegetarian Refried Beans, Cilantro Lime Rice

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



Caesar Salad	Tossed Salad	Lettuce & Tomato Salad	Spinach and 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, Fresh Baby Carrots	Garbanzo Beans, Fresh Vegetable Crudit�	Celery Sticks, Kidney beans	Fresh Celery Sticks
100 % Fruit Juice	Celery Sticks	100 % Fruit Juice	Strawberries	Mixed Berries
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

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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 February 11-15, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Chicken Tenders, Homemade Cornbread, Seasoned Potato Wedges, Corn on the Cob	Pasta made to Order! Pasta Alfredo, Meatballs in Spaghetti sauce, Fresh Vegetables, Garlic Toast	Cajun Roasted Pork Loin, Potatoes Au Gratin, Seasoned Broccoli with Cheese sauce, WG Dinner Roll	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, WG Dinner Roll	1/2 Day Bag Lunch Available
<b>2<sup>mate</sup></b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Veggie Lover's Pizza	Pepperoni & Cheese calzone	Bacon Cheeseburger pizza	Made to Order Personal Pizza	
<b>grill'd</b>	Crispy Chicken Sandwich, Turkey Ham & Swiss Pretzel Roll, Classic American Cheeseburger	Spicy Chicken Sandwich, Toasted Turkey Club, Cheeseburger, Seasoned Fries	Crispy Chicken Sandwich, Crispy Fish Sandwich with Cheese, Mozzarella and Pepperoni Panini	Spicy Chicken Sandwich, Grilled Chicken Sandwich, Mexican Cheeseburger, Seasoned 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>	Antipasto Italiano Salad with Roll, Chicken Ranch Wrap, Apple Cinnamon Parfait with Granola	Popcorn Chicken Salad with Roll, Chickpea & Spinach Wrap, Peach Parfait with Granola	Spicy Thai Noodle Salad w/Chicken, Ham & Swiss Pretzel Roll Sandwich, Berry Parfait	Ham & Turkey Chef Salad with Roll, Chicken, Swiss & Spinach Sub, Strawberry Parfait with Granola	
<b>SONO</b> <small>CELEBRATE LATIN</small>	Seasoned Taco Meat, Fajita Style Chicken, Mexican Style Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Chicken & Cheese Quesadilla, Mexican Style Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Style Chicken, Mexican Style Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Buffalo Ranch Chicken Quesadilla, Mexican Style Refried Beans, Cilantro Lime Rice	

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

Tossed Side Salad	Lettuce & Tomato Salad	Tossed Side Salad	Hearty Spinach & Vegetable Salad	
Fresh Cauliflower Florets	Marinated Cool Cucumbers, Cherry Tomatoes	Citrus Chickpea Salad	Three Bean Salad	
Green Peas, Baby Carrots	Garbanzo Beans, Broccoli Florets	Sliced Cucumbers, Fresh Baby Carrots	Celery Sticks, Broccoli Florets	Fresh Cherry Tomatoes, Celery Sticks
100% Fruit Juice	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	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



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## Dundee High School LUNCH MENU February 18-22, 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	Szechuan Chicken Noodle Bowl, Breadstick, Sesame Green Beans	Deli Bar!	Viking Bowl! Mashed Potato & Popcorn Chicken Bowl with Seasoned Corn, and WG Dinner Roll
<b>2<sup>mate</sup></b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
		BBQ Chicken Pizza	Bacon Cheeseburger	Made to order Personal Pizza	Aloha Pizza
<b>grill'd</b>		Spicy Chicken Sandwich, Mozzarella and Pepperoni Panini, Italian Turkey Parm Burger	Crispy Chicken Sandwich, American Cheeseburger, Italian Meatball Sub, Seasoned fries	Spicy Chicken Sandwich, Turkey Cheeseburger, BBQ Pulled Pork	Crispy Chicken Sandwich, Classic American Cheeseburger, BBQ Chicken Sandwich, Seasoned 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 with Roll, Buffalo Ranch Chicken Wrap, Blueberry Parfait with Granola	Chicken BLT Salad, Turkey & Cheese Pinwheel, Peach Parfait with Granola	Asian Chicken Salad with Roll, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola	Spicy Chicken & Mozzarella Salad with Roll, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola
<b>SONO</b> <small>CELEBRATE LIFE</small>		Seasoned Taco Meat, Chicken & Cheese Quesadilla, Mexican Style Refried Beans, Cilantro Lime Rice	Beef Enchiladas, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Cheese Quesadilla, Seasoned Taco Meat, Seasoned Black 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 Carrots & Garbanzo Beans	Marinated Cool Cucumbers, Fresh Cherry Tomatoes	Sliced Cucumbers, Celery Sticks	Celery sticks
	Broccoli Florets		Baby Carrots	Fresh Cherry Tomatoes
	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 February 25-March 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Korean BBQ Bulgogi Beef Noodle Bowl, Seasoned Oriental Blend Vegetables, Breadstick	General Tso's Chicken, Sesame Green Beans, Asian Brown Rice, WG Roll	BBQ Chicken, Freshly Baked Potato Half, Seasoned Broccoli, Dinner Roll	Whole Grain French Toast Sticks, Turkey Sausage Patty, Scramble Eggs, Baked Apple Slices	Viking Bowl! Mashed Potato & Popcorn Chicken Bowl with Seasoned Corn, Broccoli and WG Dinner Roll
<b>2<sup>nd</sup> mate</b>	<b>Daily Selections: Classic Cheese Pizza and Pepperoni Pizza</b>				
	Meat lovers Stromboli	Mexican Pepper Tomato & Olive Pizza	Philly Cheese Steak Pizza	Create your own Personal Pizza	Bacon Cheeseburger Pizza
<b>grill'd</b>	Crispy Chicken Sandwich, Classic American Cheeseburger, Mushroom Swiss Burger	Spicy Chicken Sandwich, Classic American Cheeseburger, Philly Cheese Steak, Seasoned Fries	Crispy Chicken Sandwich, American Cheeseburger, Italian Chicken Parm Sandwich	Crispy Chicken Sandwich, Mozzarella and Pepperoni Panini, Cheeseburger, Seasoned Fries	Crispy Chicken Sandwich, BBQ Pulled Pork Sandwich, Turkey Cheeseburger
<b>SO DELI</b>	<b>Made to order sandwich and salad bar with your choice of: Assorted deli meats, cheeses &amp; toppings on your choice of bread. Salads Offered with Dinner Roll.</b>				
<b>ON THE GO</b>	Chicken Caesar Salad with Roll, Turkey Ranch Wrap, Apple Cinnamon Parfait with Granola	Turkey Cobb Salad with Roll, Simple Egg Salad Sandwich, Blueberry Parfait with granola	Cheddar/Mozzarella Salad with Roll, Turkey Cheddar Ciabatta Sandwich, Strawberry Parfait with Granola	Popcorn Chicken Salad with Roll, Chicken Ranch Wrap, Strawberry Parfait With Granola	Asian Chicken Salad with Roll, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola
<b>SONO</b> CELEBRATE LATIN	Fajita Style Chicken, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Seasoned Taco Meat, Bean Burrito, Vegetarian Refried Beans, Cilantro Lime Rice	Beef Enchiladas, Seasoned Taco Meat, Mexican Style Pinto Beans, Cilantro Lime Rice	Fajita Style Chicken, Seasoned Taco Meat, Mexicali Corn, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Style Chicken, Seasoned Black Beans, Cilantro Lime Rice

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



Tossed Salad	Tossed Salad	Hearty Spinach & Vegetable Salad	Tossed Side Salad	Lettuce & Tomato Salad
Home style Potato Salad	Home style Potato Salad	Home style Potato Salad	Home style Potato Salad	Sliced Cucumbers
Fresh Sliced Cucumbers, Baby Carrots	Celery Sticks, Fresh Baby Carrots	Garbanzo Beans, Fresh Cherry Tomatoes	Garbanzo Beans, Fresh Cherry Tomatoes	Fresh Celery Sticks
100 % Fruit Juice	Fresh Broccoli Florets	100 % Fruit Juice	Fresh Broccoli Florets	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

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