



Dundee Middle & High School February 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 Ham, Egg & Cheese Burrito, Mini Maple Waffles, Cereal Bar, Berry Parfait with Granola, Assorted Poptarts, Benefit Bar
				Sides: Graham Crackers, Fresh Fruit, Raisins
				1% Low Fat Chocolate Milk, 1% White Milk
4	5	6	7	8
Colby Cheese Omelet, Mini French Toast, Cereal Bar, Strawberry Poptarts, Cheerios Cereal	Egg & Cheese Bagel, Assorted Cereal, Apple Cinnamon Benefit Bar, Cereal Bar	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	Turkey Ham, Egg & Cheese Burrito, Assorted Cereal, Strawberry Cream Cheese Bagel, Turkey Sausage Breakfast Pizza, Strawberry 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
11	12	13	14	15
Turkey Sausage Breakfast Pizza, Mini French Toast, Assorted Cereal, Trix Bar, Benefit Bar, Strawberry Pop tart	Fresh Baked Cinnamon Roll, Mini Waffles, Assorted Cereal, Benefit Bar, Trix Bar	Egg & Cheese Sandwich, Strawberry Banana Smoothie, Mini French Toast, Assorted Cereal, Trix Bar, Cinnamon Pop Tarts	Sausage & Cheese English Muffin, Bacon Scramble Breakfast Pizza, Cereal Bar, Apple Cinnamon Benefit Bar, Assorted Cereal, Assorted Pop Tarts	Egg & Cheese Biscuit, Assorted Cereal, Mini Pancakes, Apple Cinnamon Benefit Bar, Trix Bar, Strawberry 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
18	19	20	21	22
NO School	Omelet, Benefit Bar, Assorted Cereal, Mini Maple Pancake, Trix Cereal Bar, Benefit Bar	Egg & Cheese Sandwich, WG Cinnamon Roll, Trix Bar, Assorted Cereal, Banana Smoothie, Cinnamon Pop Tarts	Turkey Ham, Egg & Cheese Burrito, Berry Mini French Toast, Assorted Cereal, Benefit Bar, Cereal Bar	Sausage, Egg & Cheese English Muffin, Blueberry Bash Waffles, Cereal Bar, Assorted Cereal, Benefit Bar, Strawberry 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
25	26	27	28	
Sausage & Egg Muffin, Turkey Sausage Breakfast Pizza, Apple Frudel, Trix Bar, Assorted Cereal, Strawberry Pop Tarts	Omelet, Benefit Bar, Assorted Cereal, Mini Blueberry Pancake, Trix Cereal Bar	Scramble Egg Pizza, Cinnamon Roll, Benefit Bar, Pineapple Orange Smoothie, Assorted Cereal, Cinnamon Poptart	Turkey Sausage Egg & Cheese Sliders, Strawberry Cream Cheese Bagel, 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) \$1.75 Adult

No advance registration necessary! All students are welcome every day!

Shelly Farris, Director of Dining Services

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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.

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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.

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