



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

Monday	Tuesday	Wednesday	Thursday	Friday
		3	4	5
		Egg & Cheese Bagel Sandwich, Mini Blueberry Pancake, Apple Jacks Cereal, Reduced Sugar Bowl, Strawberry Poptart <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	Bacon Scramble Breakfast Pizza, Frosted Cinnamon Poptart, Cheerios Cereal <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, 100% Fruit Juice</i> FF Chocolate Milk, 1% White Milk	Skewered Sausage Pancake, Cherry Fruited Cereal, Frosted Strawberry Pop-Tart, Turkey Ham Egg & Cheese Burrito <i>Sides: Graham Crackers, Chilled Fruit, Whole Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk
8	9	10	11	12
Berry Mini French Toast, Breakfast Turkey Sausage Pizza, Cereal Assorted, Frosted Strawberry Pop-Tart <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	Frosted Pop-Tart, Ham, Egg & Cheese Burrito, Mini Maple Assorted Cereal, Pancakes <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, 100% Fruit Juice</i> FF Chocolate Milk, 1% White Milk	Turkey Ham Egg & Cheese Bagel Strawberry Yogurt, Assorted Cereal, Fresh Baked Cinnamon Roll <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins, Muffin</i> FF Chocolate Milk, 1% White Milk	Breakfast Turkey Sausage Pizza, Assorted Cereal, Cream Cheese Stuffed Bagel <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, 100% Fruit Juice</i> FF Chocolate Milk, 1% White Milk	Banana Chocolate Chunk Benefit Bar Sausage & Cheese English Muffin, Frosted Pop-Tart <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk
15	16	17	18	19
NO School!	Breakfast Turkey Sausage Pizza, Apple Cinnamon Smoothie, Assorted Cereal, Mini Blueberry Pancakes <i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	Fresh Baked Cinnamon Roll, Egg & Cheese Bagel, Assorted Cereal, Frosted Pop-Tart <i>Graham Crackers, Chilled Fruit, Fresh Whole Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	Strawberry Cream Cheese Bagel, Strawberry Yogurt, Scramble Egg Pizza, Assorted Cereal <i>Bunny Grahams, 100% Fruit Juice, Fresh Whole Fruit, Chilled Fruit</i> FF Chocolate Milk, 1% White Milk	Sausage & Cheese English Muffin, Mini Waffles, Assorted Cereal, It's Almost Summer Smoothie <i>Assorted Chilled Fruit, Fresh Whole Fruit, LF String Cheese</i> FF Chocolate Milk, 1% White Milk
22	23	24	25	26
Fresh Made Omelet, Frosted Pop-Tart, Assorted Cereal, Berry Mini French Toast <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	Scramble Egg Pizza, Assorted Cereal, Mini Blueberry Pancakes, Yogurt <i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	Mexi-Breakfast Wrap, Blueberry Bash Waffles, Fresh Baked Cinnamon Roll, Assorted Cereal <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins, Muffin</i> FF Chocolate Milk, 1% White Milk	Sausage & Cheese English Muffin, Assorted Cereal, It's Almost Summer Smoothie, Frosted Pop-Tart <i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	Egg & Cheese Bagel, Cinnamon Oatmeal, Assorted Cereal, Frosted Pop-Tart <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk
29	30	31	1	2
Turkey Ham, Egg & Cheese Burrito, Cinni-Mini French Toast Bites, Very Berry Yogurt Parfait, Assorted Cereal <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	Mini Blueberry Pancakes, Vanilla Cinnamon Smoothie, Strawberry Cream Cheese Bagel, Assorted Cereal <i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	Fresh Baked Cinnamon Roll, Egg & Cheese Bagel, Assorted Cereal, Yogurt <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins, Muffin</i> FF Chocolate Milk, 1% White Milk	Banana Chocolate Benefit Bar, Blueberry Bash Waffle, Assorted Cereal, Fresh Made Omelet <i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	Breakfast Taco, Mini Blueberry Pancake, Assorted Cereal, Frosted Pop-Tart <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk

USDA is an equal opportunity provider and employer.

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

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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

