



## Dundee High School LUNCH MENU May28-June 1, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>		Order Your Pasta Your Way! Alfredo, Pasta with Marinara and your choice of fresh vegetables	Chili Dog, Tater Tots, Carolina Slaw	Deli Bar!	Viking Bowl! Popcorn Chicken & Mashed Potatoes, Corn, Corn Bread
<b>2<sup>matto</sup></b>	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
		BBQ Chicken Pizza	Buffalo Chicken Croissant	Pepperoni & Cheese Calzone	Cheesy French Bread Pizza
<b>grill'd</b>		Spicy Chicken Sandwich, Grilled Chicken Sandwich, Garlic Parmesan Turkey Burger, Fries	Italian Meatball Sub, Spicy Chicken Sandwich, Classic Cheeseburger	BBQ Rib-B-Q Sandwich, Classic Chicken Sandwich, Turkey Cheeseburger, Seasoned Fries	Italian Supreme Turkey Panini, Spicy Chicken Sandwich, 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>		Mandarin Chicken Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait with Granola	Spicy Chicken & Mozzarella Salad w/Roll, Roasted Italian Vegetable Wrap, Blueberry Parfait w/Granola	Asian Chicken Salad w/Roll, Honey Mustard Turkey Ham & Cheese Sub, Strawberry Parfait w/Granola	Vegan Mediterranean Salad w/Roll, Buffalo Popcorn Chicken Wrap, Blueberry Parfait with Granola
<b>SONO</b> CELEBRATE LATIN		Seasoned Taco Meat, Fajita Style Chicken, Seasoned Refried Beans, Cilantro Lime Rice	Fajita Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Buffalo Ranch Chicken Quesadilla, Seasoned Refried Beans, Cilantro Lime Rice	Beef Enchiladas, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice

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

<b>ESPERANZA</b>		Mixed Green's Salad	Spinach & Cranberry Salad	Mixed Green's Salad	Mixed Greens Salad
		Home-style Potato Salad	Home-style Potato Salad	Green Bean Salad	Chef Jet Sesame Broccoli Salad
		Fresh Carrots, Cauliflower Florets	Fresh Broccoli Florets, Fresh Cherry Tomatoes	Corn Salad with Ranch, Fresh Baby Carrots	Fresh Celery Sticks, Sliced Cucumbers
		Assorted Chilled Fruit	Assorted Chilled Fruit, 100% Fruit Juice	Assorted Chilled Fruit	Assorted Chilled Fruit, 100% Fruit Juice
		Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
		1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
		Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	Fat-Free 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 skim chocolate or strawberry.**

**School Foodservice Information**

Price: \$2.75, 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)**

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

**USDA is an equal opportunity provider and employer.**



## Dundee High School LUNCH MENU June 4-8, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Cajun Roasted Pork Loin, Dijon Glazed Carrots, Buttered Noodles, Dinner Roll	Order Your Pasta Your Way! Alfredo, Pasta with Marinara and your choice of fresh vegetables	Chili Cheese Fries with Jalapenos, Sour Cream served with a Dinner Roll	Deli Bar!	Viking Bowl Friday's Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll
<b>2</b> <small>made</small>	<b>Daily Selections: Classic Cheese Pizza &amp; Pepperoni Pizza</b>				
	Veggie Pizza	Cheesy French Bread Pizza	Philly Cheese Steak Pizza	Hot Dog Twist	Pepperoni & Cheese Calzone
<b>grill'd</b>	Crispy Fish Filet Sandwich, Chicken Sandwich, Cheeseburger	Spicy Chicken Sandwich, Cheeseburger, Philly Cheese Steak	Chicken, Bacon & Swiss Sandwich, Grilled Chicken Sandwich, BBQ Turkey Burger, Seasoned Fries	Classic Fish & Cheese Sandwich, Spicy Chicken Sandwich, Mozzarella and Pepperoni Panini	Chicken & Cheddar BLT Sandwich, Grilled Chicken Sandwich, Taco Burger, Seasoned Fries
<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>	Shaker Salad with Wheat Berries, Turkey Ham & Cheese Hoagie, Apple Cinnamon Parfait with Granola	Simple Egg Salad Sandwich, Turkey Cobb Salad with Roll, Blueberry Parfait with Granola	BBQ Chicken & Wild Rice Salad, Turkey Cheddar Sandwich, Strawberry Parfait with Granola, Cheddar, Grapes and Cracker	Chicken Caesar Salad w/Roll, Ham & Swiss Pretzel Roll, Pineapple Parfait with Granola	Chicken Apple Salad Ciabatta Sandwich, Ham & Turkey Chef Salad w/Roll, Peach Parfait with Granola
<b>sono</b> <small>CELEBRATE LATIN</small>	Fish Taco, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Chicken & Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Cheese Quesadilla, Seasoned Taco Meat, Refried Beans, Cilantro Lime Rice	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Refried Beans, Cilantro Lime Rice
<b>Available with all meals - minimum of 1/2 cup fruit or vegetable</b>					
<b>EXTRA! EXTRA!</b>	Mixed Green Salad	Mixed Green Salad	Hearty Spinach & Vegetable Salad	Mixed Green Salad	Hearty Spinach & Vegetable Salad
	Broccoli Ranch Salad w/Carrots	Broccoli Ranch Salad w/Carrots	Pea Salad	Home-Style Potato Salad	Asian Pinto Bean Salad
	Sliced Cucumbers, Fresh Baby Carrots	Cauliflower Florets	Fresh Cherry Tomatoes, Garbanzo Beans	Green Bean Salad	Fresh Celery Sticks
	100% Fruit Juice	Baby Carrots	100% Fruit Juice	Sliced Cucumbers	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
	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	Fat-Free 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 skim chocolate or strawberry.**

**School Foodservice Information**

Price: \$2.75, 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)**

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

**USDA is an equal opportunity provider and employer.**



**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 skim chocolate or strawberry.**



**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 skim chocolate or strawberry.**





**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 skim chocolate or strawberry.**