



Dundee Middle School LUNCH MENU May 28- June 1, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	No School!	Taco Tuesday!	Breakfast for Lunch! French Toast Sticks, Scramble Eggs with Cheese, Turkey Sausage, Home Fried Potatoes	Chili Dog! Tater Tots, Carolina Slaw	Viking Bowl Day! Mashed Potato & Chicken, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll
2^{matto}	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
		BBQ Chicken Pizza	Buffalo Chicken Croissant	Pepperoni & Cheese Calzone	Cheesy French Bread Pizza
grill'd		Mini Corn Dogs, Grilled Chicken Sandwich, Garlic Parmesan Turkey Burger, Seasoned Fries	Italian Meatball Sub, Spicy Chicken Sandwich, Classic Cheeseburger	BBQ Rib-B-Q Sandwich, Chicken Sandwich, Turkey Cheeseburger, Seasoned Fries	Spicy Chicken Sandwich, Italian Supreme Turkey Panini, Cheeseburger
SO DELI	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.				
ON THE GO		Mandarin Chicken Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait w/Granola	Spicy Chicken & Mozzarella Salad, Roasted Italian Vegetable Wrap, Peach Parfait w/Granola	Asian Chicken Salad, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait w/Granola	Vegan Mediterranean Salad w/Roll, Buffalo Popcorn Chicken Wrap, Blueberry Parfait w/Granola
SONO <small>CELEBRATE LATIN</small>		Fajita Chicken, Seasoned Taco Meat for Nacho's, Burrito or Tacos, Cilantro Lime Rice, Refried Beans			
Available with all meals - minimum of 1/2 cup fruit or vegetable					
EXTRA! EXTRA!		Lettuce & Tomato Salad	Spinach & Cranberry Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad
		Green Bean Salad, Corn Salad w/Ranch	Marinated Cucumbers	Green Bean Salad, Corn Salad w/Ranch	Chef Jet Sesame Broccoli Salad
		Fresh Broccoli Florets	Creamy Carrot & Raisin Salad	Fresh Baby Carrots	Sliced Cucumbers, Carrots
		Garbanzo Beans	100% Fruit Juice	Celery Sticks	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
		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

Middle: 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

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and 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:

(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400

Independence Avenue, SW Washington, D.C. 20250-9410;

(3) email: program.intake@usda.gov.

(2) fax: (202) 690-7442; or

This institution is an equal opportunity provider.



Dundee Middle School LUNCH MENU June 4-8, 2018

Monday Tuesday Wednesday Thursday Friday

create	Cajun Roasted Pork Loin, Dijon Glazed Carrots, Buttered Noodles, WG Dinner Roll	Sono Bar!	Italian Meat Spaghetti with Garlic Bread, Savory Green Beans, Roasted Italian Vegetables	Orange Glazed Chicken, Sesame Green Beans, Asian Brown Rice, Orange Glazed Carrots	Viking Bowl Day! Mashed Potato & Chicken, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll
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2^{mate}	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Veggie Pizza	Cheesy French Bread Pizza	Philly Cheese Steak Pizza	Hot Dog Twist	Pepperoni & Cheese Calzone w/Sauce

grill'd	Crispy Fish Sandwich, Chicken Sandwich, Cheeseburger	Philly Cheese Steak, Spicy Chicken Sandwich, Cheeseburger	Chicken, Bacon & Swiss Sandwich, Grilled Chicken Sandwich, BBQ Turkey Burger, Seasoned Fries	Italian Hoagie, Spicy Chicken Sandwich, Cheeseburger	Classic Chicken Sandwich, Chicken & Cheddar BLT Sandwich, Taco Burger, Seasoned Fries
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SO DELI	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.				
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ON-THE-GO	Shaker Salad w/Wheat Berries, Turkey Ham & Cheese Sub, Apple Cinnamon Parfait w/Granola	Turkey Cobb Salad w/Roll, Simple Egg Salad Sandwich, Blueberry Parfait w/Granola	BBQ Chicken & Wild Rice Salad, Turkey Cheddar Ciabatta, Strawberry Parfait w/Granola	Chicken Caesar Salad w/Roll, Tuna Salad Sub, Apple Cinnamon Parfait w/Granola	Ham & Turkey Chef Salad w/Roll, Chicken Apple Salad Ciabatta Sandwich, Peach Parfait w/Granola
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SONO <small>CELEBRATE LATIN</small>		Seasoned Taco Meat, Fajita Chicken, Seasoned Refried Beans, Cilantro Lime Rice			
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Available with all meals - minimum of 1/2 cup fruit or vegetable

EXTRA! EXTRA!	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	Corn Salad with Ranch	Asian Pinto Bean Salad
	Sliced Cucumbers, Carrots	Cauliflower Florets & Carrots	Fresh Cherry Tomatoes	Fresh Cherry Tomatoes, Sliced Cucumbers	Fresh Celery Sticks, Confetti Coleslaw
	100% Fruit Juice	100% Fruit Juice	Garbanzo Beans		Baby Carrots
	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
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