



**Dundee Middle & High School June 2018 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
				1 Sausage & Cheese English Muffin, Assorted Cereal, It's Almost Summer Smoothie, Frosted Strawberry Poptart  Sides: Graham Crackers, Chilled fruit, Fresh Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk
4 Bacon Egg & Cheese Bagel, Mixed Berry & Yogurt Parfait, Assorted Cereal, Mini Pancakes  Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins FF Chocolate Milk, 1% White Milk	5 Ham, Egg & Cheese Burrito, Assorted Cereal, Frosted Poptart, Mini Waffles  Sides: Graham Crackers, Chilled fruit, Fresh Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk	6 Egg & Cheese Omelet, Strawberry Cream Cheese Bagel, Assorted Cereal, Cobblestone Breakfast Rolls  Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins FF Chocolate Milk, 1% White Milk	7 Egg & Sausage Breakfast Calzone, It's Almost Summer Smoothie, Frosted Strawberry Poptart, Assorted Cereal  Sides: Graham Crackers, Chilled fruit, Fresh Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk	8 Sausage & Cheese English Muffin, Banana Chocolate Benefit Bar, Mini French Toast, Cinnamon Cream Cheese Bagel  Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins FF Chocolate Milk, 1% White Milk
11 Sausage, Egg & Cheese Burrito, Mini French Toast, Apple Frudel, Assorted Cereal  Graham Crackers, Chilled Fruit, Fresh Whole Fruit, Raisins FF Chocolate Milk, 1% White Milk	12 Breakfast Turkey Sausage Pizza, Apple Cinnamon Smoothie, Assorted Cereal, Mini Blueberry Pancakes  Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins 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

