



## Dundee High School LUNCH MENU Feb 26-March 2, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Philly Cheese Steak, Chicken Philly Cheese Steak, Sautéed Onions & Peppers, Tater Tots	Sweet & Sour Chicken, Orange Chicken Stir-Fry, Asian Brown Rice, Sesame Green Beans, WG Breadstick, Fortune Cookie	Boneless Chicken Wings, Spicy Chicken Wings, WG Dinner Roll, Orange Glazed Carrots, Baked Apple Slices	Cheesy Baked Pasta, Savory Green Beans, WG Garlic Bread	Home-Style Meatloaf, Mashed Potatoes & Gravy, Seasoned Broccoli, Home-Made Cornbread
<b>2<sup>matto</sup></b>	<b>Daily Selections: Classic Cheese Pizza &amp; Pepperoni Pizza</b>				
	Aloha Pizza	BBQ Chicken Pizza	Veggie Pizza	Cheeseburger Pizza	Pepperoni & Cheese Calzone
<b>grill'd</b>	Spicy Chicken Sandwich, Tuscan Chicken Sandwich, Classic Cheeseburger	BBQ Rib-B-Q Sandwich, Chicken Patty, Classic Cheeseburger	Classic Fish & Cheese Sandwich, Spicy Chicken Sandwich, BBQ Turkey Burger	Italian Meatball Sub, Chicken Patty American Cheeseburger	Crispy Fish Sticks w/WG Roll, Classic Chicken Sandwich, Mushroom & Swiss Burger
<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>	Turkey Ham Chef Salad w/WG Roll, Curried Chicken Salad Sandwich, Peach Parfait w/Granola	Mixed Greens salad with Cheese, Hummus & Feta Wrap, Strawberry Parfait w/Granola	Antipasto Italiano Salad, Ham & Swiss Pretzel Roll, Pineapple Parfait w/Granola	Strawberry Chicken Salad w/Wg Roll. Turkey Ranch Wrap, Strawberry Parfait w/Granola	Popcorn Chicken Salad, Tuna Salad Sub, Blueberry Parfait with Granola
<b>SONO</b> CELEBRATE LATIN	Fajita Style Chicken, Turkey Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Walking Beef Taco, Fajita Style Chicken, Seasoned Black Beans, Cilantro Lime Rice	Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Beef Enchiladas, Fajita Style Chicken, Seasoned Black Beans, Cilantro Lime Rice	Buffalo Ranch Chicken Quesadilla, Seasoned Beef Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice

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

<b>ESPERANZA</b>	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Hearty Spinach & Veg. Salad	Hearty Spinach & Veg. Salad
	Marinated Cool Cucumbers	Broccoli Ranch Salad w/Carrots	Green Bean Salad & Potato Salad	Marinated Cool Cucumbers	Pea Salad, Potato Salad
	Fresh Cherry Tomatoes, Carrots	Potato Salad, Fresh Celery Sticks, Kidney Beans	Sliced Cucumbers, Fresh Cherry Tomatoes	Fresh Cauliflower, Green Peas, Fresh Carrots	Fresh Broccoli Florets, Garbanzo Beans
	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	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)**

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**Dundee High School LUNCH MENU March 5- 9 2018**

Monday                      Tuesday                      Wednesday                      Thursday                      Friday

<b>create</b>	Homemade Pancakes, Scramble Eggs, Turkey Sausage Patty, Blueberry Topping	Chicken & Waffles, Seasoned Peas, Herb Roasted Potatoes	Baked Potato Bar! Vegetarian Chili, Steamed Broccoli, Cheddar Cheese, Sour Cream	So Deli! Made to Order Subs with a variety of Cold Cuts, Cheese, Vegetables on Freshly Baked Sub Rolls	Viking Bowl Friday's Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll
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<b>2<sup>mate</sup></b>	<b>Daily Selections: Classic Cheese Pizza &amp; Pepperoni Pizza</b>				
	Cheeseburger Pizza	Pepperoni & Cheese Calzone	Brooklyn Style Pepperoni Flatbread	Aloha Pizza	Personal Veggie Pizza

<b>grill'd</b>	Italian Meatball Sub, Spicy Chicken Sandwich, Classic Cheeseburger	Buffalo Chicken Panini, Classic Chicken Sandwich, Mushroom & Swiss Burger, Sweet Potato Tots	Spicy Chicken Sandwich, BBQ Shredded Pork Sandwich, Classic Cheeseburger	Crispy Chicken Club, Toasty Three Cheese Sandwich, Turkey Patty Melt, Seasoned Fries	Crispy Fish Filet Sandwich, BBQ Cheddar Chicken Sandwich, Cheeseburger
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<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>				
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<b>ON-THE-GO</b>	Strawberry Chicken Salad w/Roll, Turkey Ranch Wrap, Strawberry Parfait w/Granola	Chicken Caesar Salad w/Roll, Cheddar Ranch Chicken Wrap, Blueberry Parfait w/Granola	Turkey Ham Chef Salad w/Roll, Tuna Salad Sub, Apple Cinnamon Parfait with Granola	Buffalo Chicken & Barley Salad, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait w/Granola	Chicken & Apple Cheddar Salad w/Roll, Turkey Ham & Cheese Hoagie, Apple Cinnamon Parfait w/Granola
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<b>SONO</b> <small>CELEBRATE LATIN</small>	Beef Enchiladas, Chicken Fajitas, Seasoned Black Beans, Cilantro Lime Rice	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Bean & Cheese Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Chicken Fajita, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Fish Taco's, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice
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Available with all meals - minimum of 1/2 cup fruit or vegetable

<b>EXTRA! EXTRA!</b>	Mixed Green's Salad	Spinach & Cranberry Salad	Mixed Greens Salad	Spinach & Cranberry Salad	Mixed Greens Salad
	Corn Salad with Ranch	Confetti Coleslaw	Apple Salad	Corn & Pepper Salad	Sliced Cucumbers
	Green Peas	Garbanzo Beans, Fresh Broccoli	Marinated Cool Cucumbers	Fresh Celery Sticks	Broccoli Ranch Salad w/Carrots
	Assorted Chilled Fruit, 100% Fruit Juice	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	Fresh Whole 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.**

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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

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## Dundee High School LUNCH MENU March 12-16, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	General Tso's Chicken Lo Mein Noodles with Chicken, Asian Brown Rice, Sesame Green Beans, Orange Glazed Carrots	Pasta Bar! Chicken Alfredo, Pasta with Marinara and an assortment of Fresh Vegetables, WG Roll	Boneless Chicken Wings, Spicy Boneless Chicken Wings, Orange Glazed Carrots, Baked Apple Sliced, WG Roll	Deli Bar! Fresh Made Sub Buns, Choice of assorted Lunch Meat, and Cheese topped with fresh Vegetables	Viking Bowl!! Popcorn Chicken, Mashed Potatoes, Seasoned Corn, Garlic Twist
<b>2<sup>matto</sup></b>	<b>Daily Selections: Classic Cheese Pizza and Pepperoni Pizza</b>				
	Cheesy French Bread Pizza	Philly Cheese Steak Pizza	BBQ Chicken Pizza	Pepperoni & Cheese Calzone	Personal Veggie Pizza
<b>grill'd</b>	Spicy Chicken Sandwich, Classic Cheeseburger, Philly Cheese Steak	Chicken Noodle Soup w/Grilled Cheese, Grilled Chicken Sandwich, BBQ Turkey Burger	Classic Fish Sandwich, Spicy Chicken Sandwich, Mozzarella & Pepperoni Panini	Chicken & Cheddar BLT Sandwich, Grilled Chicken Sandwich, Taco Burger	Crispy Fish Po' Boy, Italian Chicken Parmesan Sandwich, Classic Cheeseburger
<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>	Simple Egg Salad Sandwich, Turkey Cobb Salad w/Roll, Blueberry Parfait w/Granola	Antipasta Italiano Salad, Turkey Cheddar Ciabatta, Strawberry Parfait w/Granola	Chicken Caesar Salad w/WG Roll, Ham & Swiss Pretzel Roll Sandwich, Pineapple Parfait w/	Ham & Turkey Chef Salad, Chicken Apple Salad Ciabatta Sandwich, Peach Parfait w/Granola	Vegan Mediterranean Salad, Chicken Caesar Salad Wrap, Pineapple Parfait w/Granola
<b>SONO CELEBRATE LATIN</b>	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, Mexican Style Refried Beans, Cilantro Lime Rice	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Refried Beans, Cilantro Lime Rice	Chicken Fajita's, Seasoned Taco Meat, Vegetarian Refried Beans, Cilantro Lime Rice

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

Mixed Green Salad	Hearty Spinach & Vegetable Salad	Lettuce & Tomato Salad	Hearty Spinach & Vegetable Salad	Spinach & Cranberry Salad
Broccoli Ranch Salad w/Carrots	Pea Salad	Home-Style Potato Salad	Asian Pinto Bean Salad	Citrus Chick Pea Salad
Cauliflower Florets & Carrots	Fresh Cherry Tomatoes	Green Bean Salad, Sliced Cucumbers & Fresh Carrots	Fresh Celery Sticks	Sliced Cucumbers & Baby Carrots
100% Fruit Juice	Garbanzo Beans	100% Fruit Juice	Baby Carrots	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



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## Dundee High School LUNCH MENU March 26-30, 2018

Monday

Tuesday

Wednesday

Thursday

Friday

<b>create</b>	Philly Cheese Steak, Chicken Philly Cheese Steak, Sauteed Onions, Mushrooms, Peppers, Tater Tots	Asain Bar! Sweet & Sour Chicken or Orange Chicken Stir fry	Boneless Chicken Wings, Spicy Boneless Chicken Wings, Orange Glazed Carrots, Home-Fried Potatoes, Baked Apple Slices	Deli Bar! Fresh Made Sub Buns, Choice of assorted Lunch Meat, and Cheese topped with fresh Vegetables	<b>No School!! Have a great Spring Break</b>
	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				

<b>2</b> tomato	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Garlic Chicken Pizza	BBQ Chicken Pizza	Bosco Sticks w/Marinara	Aloha Pizza	

<b>grill'd</b>	Spicy Chicken Sandwich, Chicken Tenders w/Breadstick, Cheeseburger	Mini Corn Dogs, Chicken Patty, Garlic Parmesan Turkey Burger	Mozzarella & Tomato Panini, Spicy Chicken Sandwich, Cheeseburger, Oven Baked French Fries	Chicken Bacon & Swiss Sandwich, Baked Mozzarella Stick w/Sauce, Cheeseburger	
	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>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>	Simple Egg Salad Sandwich, Greek Salad w/Chicken, Pineapple Parfait w/Granola	Mandarin Chicken Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait w/Granola	Turkey Ham Chef Salad w/Roll, Tuna Salad Sub, Berry Parfait w/Granola	Greek Salad with Chicken, Simple Egg Salad Sandwich, Pineapple Parfait w/Granola	
	Available with all meals - minimum of 1/2 cup fruit vegetable				

<b>SONO</b> CELEBRATE LIFE	Fajita Style Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Walking Taco, Fajita Chicken, Cilantro Lime Rice, Seasoned Black Beans	Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans	Fajita Style Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	
	Available with all meals - minimum of 1/2 cup fruit vegetable				

<b>EXTRA! EXTRA!</b>	Lettuce & Tomato Salad	Spinach & Cranberry Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	
	Marinated Cool Cucumbers	Corn Salad with Ranch	Broccoli Ranch Salad w/Carrots	Home Style Potato Salad	
	Green Peas & Cherry Tomatoes	Garbanzo Beans	Marinated Cucumbers	Vegetable Crudite	
	100 % Fruit Juice	Fresh Broccoli Florets	100% Fruit Juice	Celery Sticks	
	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	
	Available with all meals - minimum of 1/2 cup fruit vegetable				

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