



Dundee Middle School LUNCH MENU Feb 26-March 2, 2018

Monday

Tuesday

Wednesday

Thursday

Friday

create				Orange Chicken Stir Fry, Sweet & Sour Chicken Lucky Fried Rice, Sesame Green Beans, Crunch Asian Tortilla Strips	Viking Bowl Day! Mashed Potato & Chicken, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll

2^{matato}	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
				Beef Taco Pizza	Spinach Ricotta Pizza

grill'd				Classic Chicken Sandwich Pizza Burger, BBQ Rib-B- Q Sandwich	Classic Fish & Cheese Sandwich, Spicy Chicken Sandwich, 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				Mixed Greens Salad w/ Roll, Chicken Salad Ciabatta Sandwich, Strawberry Parfait w/Granola	AntiPasta Italiano Salad w/WG Roll, Chicken Caesar Salad Wrap, Pineapple Parfait w/Granola

SONO CELEBRATE LATIN					

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

ESPERANZA				Lettuce & Tomato Salad	Lettuce & Tomato Salad
				Homestyle Potato Salad	Broccoli Ranch Salad with Carrots
				Green Bean Salad, Celery Sticks, Fresh Carrots	Sliced Cucumbers, Fresh Baby Carrots
				100% Fruit Juice	100% Fruit Juice
				Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit
				1% Low-Fat Milk	1% Low-Fat 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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USDA is an equal opportunity provider and employer.



Dundee Middle School LUNCH MENU March 5- 9. 2018

Monday

Tuesday

Wednesday

Thursday

Friday

create

	Homemade Pancakes, Scramble Eggs, Turkey Sausage Patty, Blueberry Topping	Sono Bar!	Chili Cheese Dog, Turkey Hot Dog, Oven Baked Curly Fries, Vegetarian Baked Beans	Chicken & Waffles, Seasoned Peas, Herb Roasted Potatoes	Viking Bowl Friday's Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll
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Daily Selections: Classic Cheese Pizza & Pepperoni Pizza					
	Cheeseburger Pizza	Pepperoni & Cheese Calzone	Brooklyn Style Pepperoni Flatbread	Aloha Pizza	Personal Veggie Pizza

grill'd

	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	Crispy Fish Filet Sandwich, BBQ Cheddar Chicken Sandwich, Cheeseburger
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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.				

ON-THE-GO

	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 Popcorn Chicken 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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SONO
CELEBRATE LATIN

	Chicken & Cheese Quesadilla, Seasoned Taco Meat, Cilantro Lime Rice, Mexican Style Rice			
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Available with all meals - minimum of 1/2 cup fruit or vegetable

EXTRA! EXTRA!

Mixed Green's Salad	Spinach & Cranberry Salad	Mixed Greens Salad	Spinach & Cranberry Salad	Mixed Greens Salad
Corn Salad & Black Bean Salsa Salad	Confetti Coleslaw	Apple Salad	Corn & Pepper Salad	Sliced Cucumbers
Green Peas, Carrots	Garbanzo Beans, Fresh Broccoli	Marinated Cool Cucumbers, Cherry Tomatoes	Fresh Celery Sticks, Vegetable Crudite	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

School Foodservice Information

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Adult Price: \$3.55

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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

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Dundee Middle School LUNCH MENU March 12-16, 2018

Monday

Tuesday

Wednesday

Thursday

Friday

create

WG French Toast Sticks, Turkey Sausage Patty, Hashbrown, Baked Apple Slices	Taco Tuesday!	Goulash Homemade Corn Bread Roasted Fall Vegetable Ratatouille, Peach Cobbler	General Tso's Chicken, Sesame Green Beans, Orange Glazed Carrots, Asian Brown Rice	Viking Bowl!! Popcorn Chicken, Mashed Potatoes, Seasoned Corn, Garlic Twist
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Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
Cheesy French Bread Pizza	Philly Cheese Steak Pizza	Bosco Sticks w/Marinara	Pepperoni & Cheese Calzone	Personal Veggie Pizza

grill'd

Spicy Chicken Sandwich, Classic Cheeseburger, Philly Cheese Steak	Chicken Noodle Soup w/Grilled Cheese, Chicken Sandwich, BBQ Turkey Burger	Monte Cristo with Turkey Ham, Chicken Cordon Bleu Sandwich, Cheeseburger	Chicken & Cheddar BLT Sandwich, Grilled Chicken Sandwich, Taco Burger	Crispy Fish Po' Boy, Italian Chicken Parmesan Sandwich, Classic Cheeseburger
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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.

ON THE GO

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, Tuna Salad Sub, Apple Cinnamon Parfait w/ Granola	Ham & Turkey Chef Salad, Chicken Apple Salad Ciabatta Sandwich, Peach Parfait w/Granola	Vegan Mediterranean Salad, Chicken Caesar Salad Wrap, Pineapple Parfait w/Granola
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SONO
CELEBRATE LATIN

	Beef Enchiladas, Chicken Fajitas, Mexican Style Refried Beans, Cilantro Lime Rice			
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Available with all meals - minimum of 1/2 cup fruit vegetable

EXTRA EXTRA

Mixed Green Salad	Hearty Spinach & Vegetable Salad	Mixed Green Salad	Hearty Spinach & Vegetable Salad	Spinach & Cranberry Salad
Broccoli Ranch Salad w/Carrots	Pea Salad	Corn Salad with Ranch	Asian Pinto Bean Salad	Citrus Chick Pea Salad
Cauliflower Florets & Carrots	Fresh Cherry Tomatoes	Fresh Cherry Tomatoes, Sliced Cucumbers	Fresh Celery Sticks, Confetti Coleslaw	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

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.

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School Foodservice Information

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Adult Price: \$3.55

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Shelly Farris, Director of Dining Services

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Our guidelines:

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Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

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Dundee Middle School LUNCH MENU March 19-23, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Chicken Fried Rice, Teriyaki Glazed Beef, Asian Brown Rice, Sesame Soy Roasted Carrots	Taco Tuesday!	Honey Roasted BBQ Chicken, Potatoes Au Gratin, Boston Baked Beans, Blueberry Crisp, WG Dinner Roll	Open Faced Hot Turkey Sandwich, Mashed Potatoes, Roasted Herbed Cauliflower, Savory Green Beans	1/2 Day! Bag Lunch Available including: Sandwich, Fresh Fruit & Vegetable and Choice of Milk
2^{mate}	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Sausage Flat Bread	BBQ Chicken Pizza	Spinach Ricotta Pizza	Pepperoni & Cheese Calzone	
grill'd	Spicy Chicken Sandwich, Chicken Tenders w/ WG Roll, Classic Cheeseburger	Classic Chicken Sandwich, Garlic Parmesan Turkey Burger, Mini Corn Dogs	Italian Meatball Sub, Spicy Chicken Sandwich, Classic Cheeseburger	BBQ Rib Sandwich, Chicken Patty, Turkey 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	Turkey Cobb Salad w/Roll, Chicken, Swiss & Spinach Sub, Apple Cinnamon Parfait	Mandarin Chicken Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait w/Granola	Curry Chicken Salad Plate, Roasted Italian Vegetable Wrap, Blueberry Parfait	Asian Chicken Salad, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait	
SONO <small>CELEBRATE LATIN</small>		Bean & Cheese Quesadilla, Seasoned Taco Meat, Refried Beans, Cilantro Lime Rice			

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

EXTRA	Mixed Greens Salad	Lettuce & Tomato Salad	Spinach and Cranberry Salad	Lettuce & Tomato Salad	
	Chef Jet Sesame Broccoli Salad	Green Bean Salad	Creamy Carrot & Raisin Salad	Green Bean Salad	
	Green Peas & Carrots	Corn Salad W/Ranch	Marinated Cucumbers, Fresh Cherry Tomatos	Corn Salad w/Ranch	
	100% Fruit Juice	Fresh Broccoli & Carrots	100% Fruit Juice	Fresh 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
	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

Middle: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit

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School Foodservice Information

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Adult Price: \$3.55

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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 Middle School LUNCH MENU March 26-30, 2018

Monday

Tuesday

Wednesday

Thursday

Friday

create	Macaroni & Cheese w/WG Roll, Seasoned Carrots, Seasoned Peas	Sono Bar!	Philly Cheese Steak, Chicken Philly Cheese Steak, Sautéed Peppers, Mushrooms, & Onion, Tater Tots	Cajun Roasted Pork Loin Herb Roasted Cauliflower, Mashed Potatoes w/Beef Gravy, WG Dinner Roll	No School!! Enjoy Spring Break
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2^{mate}	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Garlic Chicken Pizza	BBQ Chicken Pizza	Bosco Sticks w/Marinara	Aloha Pizza	

grill'd	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	
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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	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	
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SONO <small>CELEBRATE LATIN</small>		Seasoned Taco Meat, Fajita Chicken, Cilantro Lime Rice, Refried Beans			
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Available with all meals - minimum of 1/2 cup fruit vegetable

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	



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