



Dundee High School LUNCH MENU March 1 - March 4, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
create		General Tso's Chicken Lucky Fried Rice Vegetable Egg Roll Light Soy Sauce	Boneless Wing Bar with Assorted Sauces, Chips and Salsa or Seasoned Fries	Baked Spaghetti with Cheese Beef Meatballs with Marinara Mixed Vegetable Medley and WG Garlic Bread	Viking Bowl Friday's! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll
2^{mate}	Daily Selections: Classic Cheese Pizza				
		Pepperoni Pizza	Bacon Cheeseburger Pizza	Chicken Alfredo Pizza	Pepperoni Pizza
grill'd	Daily Selections: Classic Cheeseburger or Breaded Chicken Patty Sandwich				
		Bosco Sticks with Marinara	WG Chicken Nuggets with a WG Roll	Bosco Sticks with Marinara	Crispy Fish Sandwich
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	Grab & Go Parfaits, Yogurt or Smoothies				
SONO <small>CELEBRATE LATIN</small>	Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce & other Assorted Fresh Toppings				

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

	Red Pepper Strips	Garbanzo Beans	Potato Salad	Potato Salad
	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
	Sliced Onions & Tomatoes	Sliced Onions & Tomatoes	Sliced Onions & Tomatoes	Sliced Onions & Tomatoes
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
	Apples *Available Daily	Oranges *Available Daily	Bananas	Apples *Available Daily
	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 skim strawberry .

School Foodservice Information

Price: \$2.50, paid, \$.40 reduced*, free* (*if qualified)

Adult Price: \$3.25

No advance registration necessary! All students are welcome every day!

Jennifer Gay, Director of Dining Services

734-529-2350 X11014, Jennifer.Gay@dundee.k12.mi.us

Chartwells 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 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

To learn more about Chartwells go to 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.)

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USDA is an equal opportunity provider and employer.



Dundee High School LUNCH MENU March 7 - March 11, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Whole Grain Chicken Nuggets Homemade Creamy Macaroni and Cheese Savory Green Beans Mini WG Biscuit	Beefy Enchilada Home-style Chili Corn Bread Seasoned Carrots Tortilla Chips and Cheddar Cheese (chili toppers!)	Viking Bowl Friday's on Wednesday! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll	NO SCHOOL	NO SCHOOL
2^{mate}	Daily Selections: Classic Cheese Pizza				
	Baked Mozzarella Cheese Sticks and Marinara	Chicken Pizza Quesadilla	Pepperoni Pizza		
grill'd	Daily Selections: Classic Cheeseburger or Breaded Chicken Patty Sandwich				
	Hot Turkey and Cheese Sub	Italian Chicken Parmesan Sandwich	Classic 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	Grab & Go Parfaits, Yogurt or Smoothies, Fresh Made Daily Deli Sandwiches and/or Salads				
SONO <small>CELEBRATE LATIN</small>	(Available on Scheduled Days of the Week-noted in the Create Station) Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce & other Assorted Fresh Toppings				

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

Garbanzo Beans	Seasoned Corn	Potato Salad		
Tossed Green Salad	Tossed Green Salad	Tossed Green Salad		
Assorted Fresh Vegetables	Sliced Onions & Tomatoes	Sliced Onions & Tomatoes		
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit		
Oranges *Available Daily	Apples *Available Daily	Bananas		
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		



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Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

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Dundee High School LUNCH MENU March 14 - March 18, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Breakfast for LUNCH! WG French Toast Sticks Turkey Bacon Strawberries and Whipped Topping Cinnamon Apples	Chicken Parmesan Penne Pasta with Alfredo Sauce on the side Broccoli WG Garlic Bread	Bonless Wing Bar with Assorted Sauces, Chips and Salsa or Seasoned Fries	Sliced Honey Ham Potatoes Au Gratin Classic Baked Beans WG Garlic Twist	Viking Bowl Friday's! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll

2nd mateo	Daily Selections: Classic Cheese Pizza				
	Bosco Sticks with Marinara	Pepperoni Pizza	Italian Sausage Pizza	Pepperoni Pizza	Bosco Sticks with Marinara

grill'd	Daily Selections: Classic Cheeseburger or Breaded Chicken Patty Sandwich				
	Classic American Cheeseburger	Italian Meatball Sub	Chicken Philly Cheesesteak	Italian Hoagie	Crispy Fish Sandwich

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	Grab & Go Parfaits, Yogurt or Smoothies, Fresh Made Daily Deli Sandwiches and/or Salads

SONO CELEBRATE LATIN	(Available on Scheduled Days of the Week-noted in the Create Station) Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce & other Assorted Fresh Toppings

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

Garbanzo Beans	Seasoned Peas	Seasoned Corn	Potato Salad	Garbanzo Beans
Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
Sliced Onions & Tomatoes	Sliced Onions & Tomatoes	Sliced Onions & Tomatoes	Sliced Onions & Tomatoes	Assorted Fresh Vegetables
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
Oranges *Available Daily	Bananas	Oranges *Available Daily	Apples *Available Daily	Apples *Available Daily
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

EXTRA! EXTRA!

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Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

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Dundee High School LUNCH MENU March 21- March 25, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Made to Order Omelete Bar Diced Ham or Bacon Fresh Vegetables and Cheese with Tater Tots and a WG Biscuit	Beef Lasagna Pasta Bake Steamed Broccoli with Cheese Sauce Cheesy WG Breadstick	Bonless Wing Bar with Assorted Sauces, Chips and Salsa or Seasoned Fries	Viking Bowl Friday's! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll	NO SCHOOL - SPRING BREAK BEGINS! 

2nd mateo	Daily Selections: Classic Cheese Pizza				
	Italian Sausage Pizza	Pepperoni Pizza	Buffalo Chicken Calzone	Bosco Sticks with Marinara	

grill'd	Daily Selections: Classic Cheeseburger or Breaded Chicken Patty Sandwich				
	Pepperoni Hot Pocket	State Fair Corn Dog	Classic Cheeseburger	Chicken Crispito	

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	Grab & Go Parfaits, Yogurt or Smoothies, Fresh Made Daily Deli Sandwiches and/or Salads				

SONO CELEBRATE LATIN	(Available on Scheduled Days of the Week-noted in the Create Station) Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce & other Assorted Fresh Toppings				

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

Caesar Side Salad	Three Bean Salad	Fresh Broccoli	Power Carrot Sticks	
Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	
Sliced Onions & Tomatoes	Sliced Onions & Tomatoes	Sliced Onions & Tomatoes	Sliced Onions & Tomatoes	
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	
Oranges *Available Daily	Bananas	Oranges *Available Daily	Apples *Available Daily	
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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