



Dundee High School LUNCH MENU April 30, May 1-4, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Philly Cheese Steak, Chicken Philly Cheese Steak, Sauteed Onions, Pepper, Mushrooms, Tater Tots	Chicken Nuggets with Dinner Roll, Garlic-Parmesan Roasted Potatoes, Savoy Green Beans	Honey Roasted BBQ Chicken, Potatoes Au Gratin, Boston Baked Beans, Blueberry Crisp, Dinner Roll	Deli Bar!	Viking Bowl! Popcorn Chicken & Mashed Potatoes, Corn, Corn Bread
2^{matto}	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Pepperoni Calzone	Cheeseburger Pizza	Cheese Pizza Dunkers with Marinara	Brookly Style Pepperoni Flatbread	Aloha Pizza
grill'd	Spicy Chicken Sandwich, Mini Corn Dogs with Breadstick, Cheeseburger	Italian Meatball Sub, Spicy Chicken Sandwich, Cheeseburger	Buffalo Chicken Panini, Chicken Sandwich, Cheeseburger, Seasoned Fries	Spicy Chicken Sandwich, BBQ Shredded Pork Sandwich, Cheeseburger	BBQ Chicken Sandwich, Chicken Bacon & Swiss Sandwich, Turkey Patty Melt, Seasoned Fries
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	Popcorn Chicken & Romaine Salad w/roll, Little Italy Wrap, Blueberry Parfait with granola	Strawberry Chicken Salad w/Roll, Turkey Ranch Wrap, Strawberry Parfait with Granola	Chicken Caesar Salad w/Roll, Buffalo Chicken Wrap, Blueberry Parfait with Granola	Turkey Ham Chef Salad w/Roll, Roasted Italian Vegetable Wrap, Apple Cinnamon Parfait with Granola	Spicy Chicken & Mozzarella Salad w/Roll, Honey Mustard Turkey Ham & Cheese Sandwich, Strawberry Parfait w/Granola
SONO <small>CELEBRATE LATIN</small>	Fajita Style Chicken, Turkey Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Beef Enchiladas, Fajita Style Chicken, Seasoned Black Beans, Cilantro Lime Rice	Walking Taco, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Bean & Cheese Quesadilla, Seasoned Black Beans, Cilantro Lime Rice	Fajita Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice

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

ESPERANZA	Mixed Green's Salad	Mixed Green's Salad	Spinach & Cranberry Salad	Mixed Green's Salad	Mixed Greens Salad
	Marinated Cool Cucumbers	Homestyle Potato Salad	Confetti Coleslaw	Apple Salad	Corn & Pepper Salad
	Green Peas, Cherry Tomatoes	Fresh Carrots, Cauliflower Florets	Fresh Broccoli Florets, Garbanzo Beans	Marinated Cucumbers, Fresh Cherry Tomatoes	Fresh Celery Sticks, Vegetable Crudite
	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.

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

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.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.



Dundee High School LUNCH MENU May 7-11, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Cajun Roasted Pork Loin, Dijon Glazed Carrots, Buttered Noodles, Dinner Roll	Order Your Pasta Your Way! Alfredo, Pasta with Marinara and your choice of fresh vegetables	Chili Cheese Fries with Jalapenos, Sour Cream served with a Dinner Roll	Deli Bar!	Viking Bowl Friday's Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll
2 <small>matato</small>	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Veggie Pizza	Cheesy French Bread Pizza	Philly Cheese Steak Pizza	Hot Dog Twist	Pepperoni & Cheese Calzone
grill'd	Crispy Fish Filet Sandwich, Chicken Sandwich, Cheeseburger	Spicy Chicken Sandwich, Cheeseburger, Philly Cheese Steak	Chicken, Bacon & Swiss Sandwich, Grilled Chicken Sandwich, BBQ Turkey Burger, Seasoned Fries	Clasic Fish & Cheese Sandwich, Spicy Chicken Sandwich, Mozzarella and Pepperoni Panini	Chicken & Cheddar BLT Sandwich, Grilled Chicken Sandwich, Taco Burger, Seasoned Fries
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	Shaker Salad with Wheat Berries, Turkey Ham & Cheese Hoagie, Apple Cinnamon Parfait with Granola	Simple Egg Salad Sandwich, Turkey Cobb Salad with Roll, Blueberry Parfait with Granola	BBQ Chicken & Wild Rice Salad, Turkey Cheddar Sandwich, Strawberry Parfait with Granola, Cheddar, Grapes and Cracker	Chicken Caesar Salad w/Roll, Ham & Swiss Pretzel Roll, Pineapple Parfait with Granola	Chicken Apple Salad Ciabatta Sandwich, Ham & Turkey Chef Salad w/Roll, Peach Parfait with Granola
sono <small>CELEBRATE LATIN</small>	Fish Taco, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	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, Refried Beans, Cilantro Lime Rice	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Refried Beans, Cilantro Lime Rice
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	Home-Style Potato Salad	Asian Pinto Bean Salad
	Sliced Cucumbers, Fresh Baby Carrots	Cauliflower Florets	Fresh Cherry Tomatoes, Garbanzo Beans	Green Bean Salad	Fresh Celery Sticks
	100% Fruit Juice	Baby Carrots	100% Fruit Juice	Sliced Cucumbers	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

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.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.



Dundee High School LUNCH MENU May 14-18, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Burger Bar! Cheese Burger, Turkey Cheeseburger, Black Bean Burger, Oven Baked Curly Fries	Orange Glazed Chicken, Chicken and Vegetable Stir Fry, Sesame Green Beans, Asian Brown Rice, WG Dinner Roll	Beef Lasagna, Roasted Eggplant Lasagna, Mediterranean Roasted Vegetables, Garlic Bread	All School Picnic! Hamburgers & Hotdogs	1/2 Day! Bag Lunch Available
2^{mato}	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Cheesy French Bread Pizza	Sausage Flatbread	BBQ Chicken Pizza		
grill'd	Spicy Chicken Sandwich, Classic Cheeseburger, Philly Cheese Steak	Spicy Chicken Sandwich, Classic Cheeseburger, Chicken Nuggets with Roll	Mini Corn Dogs w/Roll, Grilled Chicken Sandwich, Garlic Parmesan Turkey Burger, Seasoned Fries		
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	Asian Chicken Noodle Salad, Italian Hoagie, Apple Cinnamon Parfait w/Granola	Mandarin Chicken Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait w/Granola	Spicy Chicken & Mozzarella Salad w/Roll, Roasted Italian Vegetable Wrap, Blueberry Parfait		
SONO CELEBRATE LATIN	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Chicken, Seasoned Mexican Style Refried Beans, Cilantro Lime Rice	Seasoned Taco Meat, Fajita Chicken, Seasoned Mexican Style Refried Beans, Cilantro Lime Rice		

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

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	Corn on the Cobb	
Green Peas & Cherry Tomatoes	Corn Salad W/Ranch	Marinated Cucumbers, Fresh Cherry Tomato's	Potato Salad	
100% Fruit Juice	Fresh Broccoli & Carrots	100% Fruit Juice	Watermelon	
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	



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

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.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.



Dundee High School LUNCH MENU May 21-25, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Chicken & Noodles, Roasted Asparagus, Fresh Baked Biscuit	Order Your Pasta Your Way! Alfredo, Pasta with Marinara and your choice of fresh vegetables	Philly Cheese Steak, Chicken Philly Cheese Steak, Vegetarian Baked Beans, Sauteed Onions, Peppers, Tater Tots	Deli Bar!	Viking Bowl Friday's Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll
2^{tomato}	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Three Cheese and Spinach Stromboli	Pepperoni & Cheese Calzone	BBQ Chicken Pizza	Pepperoni & Cheese Calzone	Veggie Pizza
grill'd	Spicy Chicken Sandwich, Chicken Nuggets w/Breadstick, Cheeseburger	Spicy Chicken Sandwich, Chicken Nuggets w/Breadsticks, Cheeseburger	Classic Fish & Cheese Sandwich, Spicy Chicken Sandwich, Mozzarella and Pepperoni Panini	Chicken & Cheddar BLT Sandwich, Grilled Chicken Sandwich, Taco Burger, Seasoned Fries	Spicy Chicken Sandwich, Italian Chicken Parm 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	Italian Hoagie, Asian Chicken Noodle Salad w/Roll, Apple Cinnamon Parfait with Granola	Little Italy Wrap, Popcorn Chicken & Romaine Salad with Roll, Blueberry Parfait with Granola	Chicken Caesar Salad with Roll, Ham & Swiss Pretzel Roll, Pineapple Parfait w/Granola	Chicken Apple Salad Ciabatta Sandwich, Ham & Turkey Chef Salad w/Roll, Peach Parfait	Buffalo Chicken Salad w/Roll, Asian Chicken Wrap, Pineapple Parfait with Granola
sono <small>CELEBRATE LIFE</small>	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice	Fajita Chicken, 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, Seasoned Refried Beans, Cilantro Lime Rice	Fajita Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice

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

Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad
Chef Jet Broccoli Sesame Salad	Marinated Cool Cucumbers	Homestyle Potato Salad, Green Bean Salad	Asian Pinto Bean Salad & Confetti Coleslaw	Citrus Chick Pea Salad
Green Peas & Carrots	Green Peas & Cherry Tomatoes	Sliced Cucumbers & Carrots	Fresh Celery & Carrots	Sliced Cucumbers & Carrots
100 % Fruit Juice	Carrots	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

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.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.



Dundee High School LUNCH MENU May 28-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Philly Cheese Steak or Chicken Philly Cheese Steak, Sauteed Onions, Peppers and Mushrooms, Tater Tots	Order Your Pasta Your Way! Alfredo, Pasta with Marinara and your choice of fresh vegetables	Chili Dog, Tater Tots, Carolina Slaw	Deli Bar!	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 and Pepperoni Pizza				
	Italian Sausage Stromboli	BBQ Chicken Pizza	Buffalo Chicken Croissant	Pepperoni & Cheese Calzone	Cheesy French Bread Pizza
grill'd	Spicy Chicken Sandwich, Mini Corn Dogs w/Breadstick, Cheeseburger	Spicy Chicken Sandwich, 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	Italian Supreme Turkey Panini, 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	Little Italy Wrap, Popcorn Chicken & Romaine Salad with Roll, Blueberry Parfait with Granola	Mandarin Chicken Salad, Turkey & Cheese Pinwheel, Peach Parfait with Granola	Spicy Chicken & Mozzarella Salad w/Roll, Roasted Italian Vegetable Wrap, Blueberry Parfait w/Granola	Asian Chicken Salad w/Roll, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait w/Granola	Vegan Mediteranean Salad w/Roll, Buffalo Popcorn Chicken Wrap, Blueberry Parfait w/Granola
SONO <small>CELEBRATE LATIN</small>	Fajita Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Fajita Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Fajita Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Seasoned Refried Beans, Cilantro Lime Rice	Fajita Chicken, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice

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

Lettuce & Tomato Salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad	Lettuce & Tomato Salad	Mixed Green's Salad
Marinated Cool Cucumbers	Green Bean Salad	Marianate Cool Cucumbers	Green Beans Salad, Corn Salad with Ranch	Chef Jet Broccoli Sesame Salad
Green Peas & Cherry Tomatoes	Corn Salad with Ranch	Carrot & Raisin Salad, Cherry Tomatoes	Fresh Carrots	Sliced Cucumbers & Cherry Tomatoes
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	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

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.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.