



## Dundee Middle & High School May Breakfast Menu

\*White 1% & Fat Free Chocolate available DAILY, Strawberry on Thursday

**Served Daily:** Fresh fruit, yogurt, cereal, cereal bars, muffins, bagels, pancakes, waffles, A full student breakfast includes a choice of entrée supplying protein and 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   | 2  | 3   | 4   | 5   |
| Sausage Egg and Cheese Muffin Sandwich<br><br>Egg & Cheese Bagel  | Egg & Cheese Pancake Sandwich<br><br>Turkey, Egg, and Cheese on a Wheat Bagel                                      | Whole Grain French Toast Sticks<br><br>Egg & Cheese Bagel<br><br>Turkey, Egg, and Cheese on a Bagel         | Western Popover Bisquit<br><br>Egg & Cheese Bagel<br><br>Ham Egg and Cheese on English Muffin               | Omelet<br><br>Egg & Cheese Bagel<br><br>Sausage & Cheese on English Muffin                                      |
| 8   | 9  | 10  | 11  | 12  |
| Crunchy Peach Cobbler Parfait<br><br>Sausage & Cheese on English Muffin<br><br>Egg & Cheese Bagel               | Mexi-Breakfast WG Wrap<br><br>Egg & Cheese Bagel<br><br>Turkey, Egg & Cheese Bagel                                 | Whole Grain Pancakes<br><br>Egg & Cheese Bagel<br><br>Sausage Egg and Cheese on English Muffin              | Cinnamon Roll<br><br>Egg & Cheese Bagel<br><br>Ham, Egg & Cheese on English Muffin                          | Cinnamon Peach Homemade Oatmeal<br><br>Egg & Cheese Bagel<br><br>Bacon, Egg & Cheese on a Bisquit               |
| 15  | 16   | 17  | 18  | 19  |
| Sausage & Cheese on English Muffin<br><br>Egg & Cheese Bagel<br><br>Meatless Breakfast Sandwich- Egg and Cheese | Egg & Cheese Pancake Sandwich<br><br>Turkey, Egg & Cheese Bagel<br><br>Meatless Breakfast Sandwich- Egg and Cheese | Whole Grain French Toast Sticks<br><br>Egg & Cheese Bagel<br><br>Turkey, Egg, and Cheese on a Bagel         | Turkey Ham & Spinach Popover<br><br>Egg & Cheese Bagel<br><br>Ham, Egg & Cheese on English Muffin           | Egg & Cheese Bagel<br><br>Sausage & Cheese on English Muffin<br><br>Meatless Breakfast Sandwich- Egg and Cheese |
| 22  | 23   | 24  | 25  | 26  |
| Whole Grain Pancakes<br><br>Sausage Egg and Cheese Muffin Sandwich<br><br>Egg & Cheese Bagel                    | Apple Cinnamon Oatmeal<br><br>Egg & Cheese Bagel<br><br>Turkey, Egg, and Cheese on a Wheat Bagel                   | Cinnamon Mini French Toast<br><br>Egg & Cheese Bagel<br><br>Strawberry Poptart                              | Apple Frudel<br><br>Ham Egg and Cheese on English Muffin<br><br>Meatless Breakfast Sandwich- Egg and Cheese | Cinnamon Roll<br><br>Sausage & Cheese on English Muffin<br><br>Meatless Breakfast Sandwich- Egg and Cheese      |
| 29  | 30   | 31  |   |   |
| Sausage Egg and Cheese Muffin Sandwich<br><br>Meatless Breakfast Sandwich- Egg and Cheese                       | Mexi-Breakfast WG Wrap<br><br>Egg & Cheese Bagel<br><br>Turkey, Egg & Cheese Bagel                                 | WG Pancakes with Strawberry Topping<br><br>Egg & Cheese Bagel<br><br>Sausage Egg and Cheese Muffin Sandwich |   |   |

**School Foodservice Information:**

**Breakfast Price: \$1.30 paid, \$.30 reduced, free (if qualified) \$1.65 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