



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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Philly Cheese Steak, Chicken Philly Cheese Steak, Sauteed Onions, Peppers, Mushrooms, Tater Tots	Taco Tuesday!	Chicked Nuggets, Garlic-Parmesan Roasted Potatoes, Savory Green Beans, WG Dinner Roll	Classic American Cheeseburger, Turkey Cheeseburger, with all the fixins. Seasoned Oven Baked Fries, Vegetable Medley	Viking Bowl Day! Mashed Potato & Chicken, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll
<b>2<sup>matato</sup></b>	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Garlic Chicken Pizza	Cheeseburger Pizza	Cheese Pizza Dunkers w/Marinara	Brooklyn Style Pepperoni Flatbread	Aloha Pizza
<b>grill'd</b>	Spicy Chicken Sandwich, Chicken Tenders w/Roll, Cheeseburger	Italian Meatball Sub, Spicy Chicken Sandwich, Cheeseburger	Buffalo Chicken Panini, Classic Chicken Sandwich, Cheeseburger, Seasoned Fries	Spicy Chicken Sandwich, BBQ Pulled Pork, Cheeseburger	Chicken, Bacon & Swiss Sandwich, Turkey Patty Melt, BBQ Chicken Sandwich, Seasoned Fries
<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>	Strawberry Chicken Salad w/Roll, Turkey Ranch Wrap, Strawberry Parfait with Granola	Strawberry Chicken Salad w/Roll, Turkey Ranch Wrap, Strawberry Parfait w/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
<b>SONO CELEBRATE LATIN</b>		Fajita Chicken, Seasoned Taco Meat for Nacho's, Burrito or Tacos, Cilantro Lime Rice, Refried Beans			

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



Lettuce & Tomato Salad	Mixed Green's Salad	Spinach & Cranberry Salad	Mixed Green's Salad	Spinach & Cranberry Salad
Marinated Cool Cucumbers	Homestyle Potato Salad	Confetti Coleslaw	Apple Salad	Corn & Pepper Salad
Green Peas & Cherry Tomatoes	Green Peas, Fresh Baby Carrots	Fresh Broccoli, Garbanzo Beans	Marinated Cucumbers, Fresh Cherry Tomatoes	Fresh Vegetable Crudite, Celery Sticks
100 % Fruit Juice				
Assorted Chilled Fruit	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

**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](http://www.EatLearnLive.com)**

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**USDA is an equal opportunity provider and employer.**



## Dundee Middle School LUNCH MENU May 7-11, 2018

Monday                      Tuesday                      Wednesday                      Thursday                      Friday

<b>create</b>	Cajun Roasted Pork Loin, Dijon Glazed Carrots, Buttered Noodles, WG Dinner Roll	Sono Bar!	Italian Meat Spaghetti with Garlic Bread, Savory Green Beans, Roasted Italian Vegetables	Orange Glazed Chicken, Sesame Green Beans, Asian Brown Rice, Orange Glazed Carrots	Viking Bowl Day! Mashed Potato & Chicken, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll
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<b>2<sup>mate</sup></b>	<b>Daily Selections: Classic Cheese Pizza &amp; Pepperoni Pizza</b>				
	Veggie Pizza	Cheesy French Bread Pizza	Philly Cheese Steak Pizza	Hot Dog Twist	Pepperoni & Cheese Calzone w/Sauce

<b>grill'd</b>	Crispy Fish Sandwich, Chicken Sandwich, Cheeseburger	Philly Cheese Steak, Spicy Chicken Sandwich, Cheeseburger	Chicken, Bacon & Swiss Sandwich, Grilled Chicken Sandwich, BBQ Turkey Burger, Seasoned Fries	Italian Hoagie, Spicy Chicken Sandwich, Cheeseburger	Classic Chicken Sandwich, Chicken & Cheddar BLT Sandwich, Taco Burger, Seasoned Fries
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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>	Shaker Salad w/Wheat Berries, Turkey Ham & Cheese Sub, Apple Cinnamon Parfait w/Granola	Turkey Cobb Salad w/Roll, Simple Egg Salad Sandwich, Blueberry Parfait w/Granola	BBQ Chicken & Wild Rice Salad, Turkey Cheddar Ciabatta, Strawberry Parfait w/Granola	Chicken Caesar Salad w/Roll, Tuna Salad Sub, Apple Cinnamon Parfait w/Granola	Ham & Turkey Chef Salad w/Roll, Chicken Apple Salad Ciabatta Sandwich, Peach Parfait w/Granola
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<b>SONO</b> <small>CELEBRATE LATIN</small>		Seasoned Taco Meat, Fajita Chicken, Seasoned 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 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	Corn Salad with Ranch	Asian Pinto Bean Salad
	Sliced Cucumbers, Carrots	Cauliflower Florets & Carrots	Fresh Cherry Tomatoes	Fresh Cherry Tomatoes, Sliced Cucumbers	Fresh Celery Sticks, Confetti Coleslaw
	100% Fruit Juice	100% Fruit Juice	Garbanzo Beans		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

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Adult Price: \$3.55

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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 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 May 14-18, 2018

Monday

Tuesday

Wednesday

Thursday

Friday

<b>create</b>	Burger Bar! Classic Hamburger, Cheeseburger, Turkey Burger with all the fixins. Baked Beans	Taco Tuesday!	Beef Lasagna, Roasted Eggplant Lasagna, Mediterranean Roasted Vegetables, Sesaoned Broccoli, Garlic Toast	Viking Bowl!! Popcorn Chicken, Mashed Potatoes, Seasoned Corn, Garlic Twist	1/2 Day! Bag Lunch is Available
	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				

<b>2<sup>nd</sup> mate</b>	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Cheesy French Bread Pizza	Sausage Flatbread	BBQ Chicken Pizza	Baked Mozzarella Sticks w/Sauce	

<b>grill'd</b>	Spicy Chicken Sandwich, Philly Cheese Steak, Cheeseburger	Chicken Nuggets w/Roll, Spicy Chicken Sandwich, Classic Cheeseburger	Mini Corn Dogs, Grilled Chicken Sandwich, Garlic Parmesan Turkey Burger, Seasoned Fries	Italian Meatball Sub, Spicy Chicken Sandwich, 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.				
	Turkey Cobb Salad w/Roll, Chicken Caesar Salad wrap, Pineapple Parfait w/Granola	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,	

<b>ON THE GO</b>	Turkey Cobb Salad w/Roll, Chicken Caesar Salad wrap, Pineapple Parfait w/Granola	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,	
	Bean and Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice				

<b>SONO CELEBRATE LATIN</b>	Bean and Cheese Quesadilla, Seasoned Taco Meat, Mexican Style Refried Beans, Cilantro Lime Rice				
	Available with all meals - minimum of 1/2 cup fruit vegetable				

<b>EXTRA</b>	Spinach and Cranberry Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Spinach and Cranberry Salad	
	Citrus Chick Pea Salad	Chef Jet Sesame Broccoli Salad	Green Bean Salad	Marinated Cucumbers	
	Sliced Cucumbers	Green Peas	Corn Salad w/Ranch	Creamy Carrot & Raisin Salad	
	100% Fruit Juice	Baby Carrots	100% Fruit Juice	Cherry Tomatoes	
	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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## Dundee Middle School LUNCH MENU May 21-25, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Chicken & Noodles, Roasted Asparagus, Fresh Baked Biscuit	Taco Tuesday!	Make Your own Sub! Choice of Deli Meats and Fresh Vegetable Toppings	Chicken Nuggets w/Roll, Home Fried Potatoes, Dijon Glazed Carrots	Viking Bowl Day! Mashed Potato & Chicken, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll
<b>2<sup>nd</sup> mateo</b>	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
	Three Cheese & Spinach Stromboli	Pepperoni & Cheese Calzone	Bosco Sticks w/Sauce	BBQ Chicken Pizza	Veggie Pizzas
<b>grill'd</b>	Spicy Chicken Sandwich, Italian Supreme Turkey Panini, Cheeseburger	Chicken Bacon & Swiss Sandwich, Grilled Chicken Sandwich, BBQ Turkey Burger, Fries	Classic Fish Sandwich, Spicy Chicken Sandwich, Cheeseburger	Chicken & Cheddar BLT Sandwich, Chicken Sandwich, Taco Burger, Seasoned Fries	Spicy Chicken Sandwich, Italian Parmesan Parm Sandwich, Cheeseburger
<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>	Vegan Mediterranean Salad w/Roll, Buffalo Popcorn Chicken Wrap, Blueberry Parfait w/Granola	BBQ Chicken & Wild Rice Salad, Turkey Cheddar Ciabatta, Strawberry Parfait w/Granola	Chicken Caesar Salad w/Roll, Tuna Salad Sub, Apple Cinnamon Parfait w/Granola	Ham & Turkey Chef Salad w/Roll, Chicken Apple Salad Ciabatta, Peach Parfait with Granola	Buffalo Chicken Salad w/Roll, Chicken Caesar Salad Wrap, Pineapple Parfait w/Granola
<b>SONO</b> <small>CELEBRATE LATIN</small>		Seasoned Taco Meat, Fajita Chicken, Refried Beans, Cilantro Lime Rice			

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

<b>EXTRA!</b>	Lettuce & Tomato Salad	Spinach & Vegetable Salad	Lettuce & Tomato Salad	Spinach & Vegetable Salad	Spinach & Cranberry Salad
	Chef Jet Sesame Broccoli Salad	Pea Salad	Corn Salad w/Ranch	Asian Pinto Bean Salad	Citrus Chick Pea Salad
	Sliced Cucumbers	Fresh Cherry Tomatoes	Fresh Cherry Tomatoes, Sliced Cucumbers	Fresh Baby Carrots	Sliced Cucumbers, Carrots
	100% Fruit Juice	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

**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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Dundee Middle School LUNCH MENU May 28-31, 2018

Monday Tuesday Wednesday Thursday Friday

<b>create</b>	No School! Memorial Day	Taco Tuesday!	Breakfast for Lunch! French Toast Sticks, Scramble Eggs with Cheese, Turkey Sausage, Home Fried Potatoes	Chili Dog! Tater Tots, Carolina Slaw	Viking Bowl Day! Mashed Potato & Chicken, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll
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<b>2<sup>nd</sup> mateo</b>	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
		BBQ Chicken Pizza	Buffalo Chicken Croissant	Pepperoni & Cheese Calzone	Cheesy French Bread Pizza

<b>grill'd</b>		Mini Corn Dogs, Grilled Chicken Sandwich, Garlic Parmesan Turkey Burger, Seasoned Fries	Italian Meatball Sub, Spicy Chicken Sandwich, Cheeseburger	BBQ Rib-B-Q Sandwich, Chicken Sandwich, Turkey Cheeseburger, Seasoned Fries	Spicy Chicken Sandwich, Italian Turkey Panini, Cheeseburger
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<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.				
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<b>ONE-TO-GO</b>		Mandarin Chicken Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait w/Granola	Spicy Chicken & Mozzarella Salad, Roasted Italian Vegetable Wrap, Peach Parfait w/Granola	Asian Chicken Salad, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait w/Granola	Vegan Mediterranean Salad w/Roll, Buffalo Popcorn Chicken Wrap, Blueberry Parfait w/Granola
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<b>SONO</b> CELEBRATE LATIN		Seasoned Taco Meat, Fajita Chicken, 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>	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad
	Chef Jet Sesame Broccoli Salad	Green Bean Salad, Corn Salad w/Ranch	Marinated Cucumbers	Green Bean Salad, Corn Salad w/Ranch	Chef Jet Sesame Broccoli Salad
	Green Peas, Carrots	Fresh Broccoli Florets	Creamy Carrot & Raisin Salad	Fresh Baby Carrots	Sliced Cucumbers, Carrots
	100% Fruit Juice	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
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