



Dundee Middle School LUNCH MENU May 1 - May 5, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	CHILI DOG BAR!! Turkey Hot Dog with Beef and Bean Chili, Tater Tots, Green Beans	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Sweet and Sour Chicken with Brown Rice, Steamed Asian Veggies	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	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	Italian Sausage Flatbread	Chicken Parmesan Calzone Bosco Sticks	Pepperoni Pizza	Meat Lover's Pizza
grill'd	Daily Selections: Breaded Chicken Patty Sandwich				
	Classic Cheeseburger	Chicken Bacon Cheddar Melt	Turkey & Swiss on a Pretzel Roll	Popcorn Chicken	Classic Cheeseburger
ON THE GO	Grab & Go Parfaits, Yogurt or Smoothies, Fresh Made Daily Deli Sandwiches and/or Salads. Peach Parfait with Homemade Granola or WG Muffin and Ham and Turkey Chef Salad				
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					
	Seasoned Peas	Savory Green Beans	Garbanzo Beans	Kiwi and Bananas	Seasoned Peas and Carrots
	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
	Cucumbers, Sliced Tomatoes, and Fresh Corn Salad	Cucumbers, Sliced Tomatoes, and Fresh Corn Salad	Cucumbers, Sliced Tomatoes, and Fresh Corn Salad	Cucumbers, Sliced Tomatoes, and Fresh Corn Salad	Cucumbers, Sliced Tomatoes, and Fresh Corn Salad
	Grapes	Kiwi	Grapes	Pineapple	Assorted Chilled Fruit
	Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges
	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 skim strawberry .

School Foodservice Information

Price: \$2.75, paid, \$.40 reduced*, free* (*if qualified)

Adult Price: \$3.40

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

Shelly Farris, **Interim Director of Dining Services**

734-529-2350 X11014, Shelita.Farris@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

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USDA is an equal opportunity provider and employer.



Dundee Middle School LUNCH MENU May 8 - May 12, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Build Your Own Yogurt Parfait with Fresh Fruit and Assorted Toppings!	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Breakfast for Lunch! Egg & Sausage Sandwich Egg and Cheese Bagel Apple Slices, Tater Tots	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Viking Bowl Friday's Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll

BOS

2^{mate}	Daily Selections: Classic Cheese Pizza				
	Pepperoni Pizza	Pepperoni Pizza	Meat Lover's Pizza Bosco Sticks	Garlic Chicken Flatbread	Pepperoni Pizza

grill'd	Daily Selections: Breaded Chicken Patty Sandwich				
	Classic Cheeseburger	Hot Ham & Cheese Sandwich	Chicken Bacon Cheddar Melt	Italian Hoagie	Classic Cheeseburger

ON THE GO	Grab & Go Parfaits, Yogurt or Smoothies, Fresh Made Daily Deli Sandwiches and/or Salads Strawberry Parfait with Homemade Granola or WG Muffin and Ham and Turkey Chef Salad
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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
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Available with all meals - minimum of 1/2 cup fruit vegetable

Seasoned Peas and Carrots	Green Beans	Garbanzo Beans	Kiwi	Corn
Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers
Grapes	Bananas	Grapes and Bananas	Pineapple and Kiwi	Assorted Chilled Fruit
Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges
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!

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

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Adult Price: \$3.40

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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

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Dundee Middle School LUNCH MENU May 15 - May 19, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Chicken Nuggets with Italian Baked Pasta and Crispy Buffalo Cauliflower	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Viking Bowl! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll	1/2 Day - Boxed Lunches Available, No need to sign-up but you can preorder today in the Café!

BOS

2^{mate}	Daily Selections: Classic Cheese Pizza				
	Pepperoni Pizza	Chicken Parmesan Calzone Bosco Sticks	Bacon Cheeseburger Pizza	Pepperoni Pizza	

grill'd	Daily Selections: Breaded Chicken Patty Sandwich				
	Whole Grain Chicken Nuggets	Turkey & Swiss on a Pretzel Roll	Whole Grain Pretzel	Classic Cheeseburger	

ON THE GO	Grab & Go Parfaits, Yogurt or Smoothies, Fresh Made Daily Deli Sandwiches and/or Salads Peach Parfait with Homemade Granola or WG Muffin and Ham and Turkey Chef Salad				
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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				
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Available with all meals - minimum of 1/2 cup fruit vegetable

Seasoned Peas	Garbanzo Beans	Garbanzo Beans	Kiwi	
Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	
Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	
Grapes	Grapes	Grapes and Bananas	Pineapple and Kiwi	
Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges	
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	



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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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 May 22- May 26, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Boneless Chicken Wings Boston Baked Beans Power Carrots & Super Celery Sticks	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Toasty Cheese Sandwich with Tomato, Lettuce, and Bacon Macaroni and Vegetable Salad	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Viking Bowl Friday's! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll

2nd mate	Daily Selections: Classic Cheese Pizza				
	Pepperoni	Italian Sausage Flatbread	Hawaiian Pizza	Pepperoni	Ham and Cheese Pizza Pocket

grill'd	Daily Selections: Breaded Chicken Patty Sandwich				
	Classic Cheeseburger	Chicken Bacon Cheddar Melt	Bosco Sticks Italian Hoagie	Classic Cheeseburger	Bosco Sticks!

ON THE GO	Grab & Go Parfaits, Yogurt or Smoothies, Fresh Made Daily Deli Sandwiches and/or Salads Apple Cinnamon or Peach Parfait with Homemade Granola or WG Muffin and Turkey and Cheese Pinwheels
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Available with all meals - minimum of 1/2 cup fruit vegetable



Seasoned Peas	Savory Green Beans	Garbanzo Beans	Corn Salad	Seasoned Corn
Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
Sliced Tomatoes, Onions & Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes, Onions & Cucumbers
Grapes	Bananas and Kiwi	Grapes	Applesauce	Assorted Chilled Fruit
Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges
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: \$3.40

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Dundee Middle School LUNCH MENU May 29- June 2, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Baked Potato bar! Create your own baked poatto with chili, onion, sour cream and other assorted toppings	Turkey Corn Dog with Potatoes Au Gratin or SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Breakfast For Lunch! French Toast Sticks, Hashbrown Patty, and a Sausage Link	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	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				
	Pepperoni	Pepperoni	Bosco Sticks!	BBQ Chicken Pizza	Pepperoni

grill'd	Daily Selections: Breaded Chicken Patty Sandwich				
	Classic Cheeseburger	BBQ Cheddar Chicken Sandwich	Turkey and Cheese on a Bun	Whole Grain Chicken Nuggets	Classic Cheeseburger

ON THE GO	Grab & Go Parfaits, Yogurt or Smoothies, Fresh Made Daily Deli Sandwiches and/or Salads Strawberry Parfait with Homemade Granola or WG Muffin and Turkey and Cheese Pinwheels
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Available with all meals - minimum of 1/2 cup fruit vegetable



Savory Green Beans	Savory Green Beans	Garbanzo Beans	Corn Salad	Seasoned Corn
Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
Sliced Tomatoes, Onions & Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes, Onions & Cucumbers
Grapes	Bananas and Kiwi	Grapes	Applesauce	Assorted Chilled Fruit
Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges
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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