



Dundee Middle & High School May 2018 Breakfast Menu

A full student breakfast includes a choice of entrée supplying protein and/or 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
30	1	2	3	4
Ham, Egg & Cheese Waffle Sandwich, Cereal, Very Berry Parfait, Mini French Toast	Vanilla Smoothie, Mini Pancakes, Assorted Cereal, Strawberry Cream Cheese Bagel	Egg & Cheese Bagel, Cobblestone Cinnamon Roll, Strawberry Yogurt, Assorted Cereal	Waffles, Poptart, Assorted Cereal	Pancakes, Poptart, Assorted Cereal
<i>Sides: Fresh Fruit, Chilled Fruit, Raisins</i>	<i>Sides: Fresh Fruit, Chilled Fruit, 100% Fruit Juice, Graham Crackers</i>	<i>Sides: Fresh Fruit, Chilled Fruit, Graham Crackers</i>	<i>Sides: Fresh Fruit, Chilled Fruit, 100% Fruit Juice, Graham Crackers</i>	<i>Sides: Fresh Fruit, Chilled Fruit, Graham Crackers</i>
FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk
7	8	9	10	11
Bacon Egg & Cheese Sandwich, Mixed Berry & Yogurt Parfait, Assorted Cereal, Skewered Sausage Pancake	Frosted Pop-Tart, Ham, Egg & Cheese Bagel, Mini Maple Pancakes, Assorted Cereal	Turkey Ham, Egg & Cheese Bagel, Strawberry Cream Cheese Bagel, Assorted Cereal, Cobblestone Breakfast Rolls	Egg & Sausage Breakfast Calzone, It's Almost Summer Smoothie, Frosted Strawberry Pop tart, Assorted Cereal	Sausage & Cheese English Muffin, Banana Chocolate Benefit Bar, Mini French Toast, Cinnamon Cream Cheese Bagel
<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</i>	<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, 100% Fruit Juice</i>	<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</i>	<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, 100% Fruit Juice</i>	<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</i>
FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk
14	15	16	17	18
Sausage, Egg & Cheese Burrito, Mini French Toast, Apple Frudel, Assorted Cereal	Breakfast Turkey Sausage Pizza, Apple Cinnamon Smoothie, Assorted Cereal, Mini Blueberry Pancakes	Fresh Baked Cinnamon Roll, Egg & Cheese Bagel, Assorted Cereal, Frosted Pop-Tart	Strawberry Cream Cheese Bagel, Strawberry Yogurt, Overnight Apple Pie Oatmeal, Assorted Cereal	Turkey Sausage Breakfast Pizza, Mini Waffles, Assorted Cereal, It's Almost Summer Smoothie
<i>Graham Crackers, Chilled Fruit, Fresh Whole Fruit, Raisins</i>	<i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</i>	<i>Graham Crackers, Chilled Fruit, Fresh Whole Fruit, Raisins</i>	<i>Bunny Grahams, 100% Fruit Juice, Fresh Whole Fruit, Chilled Fruit</i>	<i>Assorted Chilled Fruit, Fresh Whole Fruit, LF String Cheese</i>
FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk
21	22	23	24	25
Scramble Egg Pizza, Assorted Cereal, Mini French Toast, Frosted Pop tart	Scramble Denver Egg Bowl, Assorted Cereal, Mini Blueberry Pancakes, Yogurt	Mexi-Breakfast Wrap, Blueberry Bash Waffles, Fresh Baked Cinnamon Roll, Assorted Cereal	Sausage & Cheese English Muffin, Assorted Cereal, It's Almost Summer Smoothie, Frosted Pop-Tart	Turkey Ham, Egg & Cheese Burrito, Apple Crumble Overnight Parfait, Assorted Cereal, Frosted Pop-Tart
<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins, Muffin</i>	<i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</i>	<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins, Muffin</i>	<i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit, Raisins</i>	<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins</i>
FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk
28	29	30	31	
No School! Happy Memorial Day	Scramble Denver Egg Bowl, Assorted Cereal, Mini Blueberry Pancakes, Yogurt	Mexi-Breakfast Wrap, Blueberry Bash Waffles, Fresh Baked Cinnamon Roll, Assorted Cereal	Sausage & Cheese English Muffin, Assorted Cereal, It's Almost Summer Smoothie, Frosted Pop-Tart	
	<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins, Muffin</i>	<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins, Muffin</i>	<i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, Raisins, Muffin</i>	
	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	FF Chocolate Milk, 1% White Milk	

USDA is an equal opportunity provider and employer.

School Foodservice Information:

Breakfast Price: \$1.30 paid, \$.30 reduced, free (if qualified) \$1.70 Adult

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

Shelita 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

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