



**Dundee Middle & High School November 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 Bar", up to one cup per meal. Please contact us for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
			No School!	<b>Blueberry Bash Waffles, Sausage &amp; Cheese English Muffin, Cereal Bar, Chocolate Chunk Benefit Bar, Cereal</b>  <i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>  1% Low Fat Chocolate Milk, 1% White Milk
5	6	7	8	9
<b>Frosted Pop tart, Turkey Sausage Breakfast Pizza, Chicken Biscuit, Apple Frudel, Assorted Cereal</b>  <i>Sides: Banana Muffin, Fresh Whole Fruit, Sweet Raisins</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Omelet, Mini Blueberry Pancakes, Banana Chocolate Chunk Benefit Bar, Assorted Cereal, Cereal Bar</b>  <i>Sides: Graham Crackers, Fresh Fruit, 100% Fruit Juice</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Scramble Bowl, Fresh Baked Cinnamon Roll, Banana Chocolate Chunk Benefit Bar, Assorted Cereal</b>  <i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Turkey Sausage Egg &amp; Cheese Sliders, Strawberry Cream Cheese Bagel, Blueberry Crush Overnight Parfait, Mini Pancakes, Assorted Cereal</b>  <i>Sides: Graham Crackers, Fresh Fruit, 100% Fruit Juice</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Turkey Ham, Egg &amp; Cheese Burrito, Mini Maple Waffles, Cereal Bar, Berry Parfait with Granola, Bagel with Yogurt &amp; String Cheese</b>  <i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>  1% Low Fat Chocolate Milk, 1% White Milk
12	13	14	15	16
<b>Mini Berry French Toast, Apple Cinnamon Benefit Bar, Chicken Biscuit, Cereal Bar, Bagel with yogurt &amp; String Cheese</b>  <i>Muffin, Fresh Whole Fruit, Raisins</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Egg &amp; Cheese Bagel, Mini Pancakes, Trix Yogurt, Cereal Bar, Assorted Cereal</b>  <i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Fresh Baked Cinnamon Roll, Scramble Denver Egg Bowl, Assorted Cereal, Mini French Toast, Benefit Bar</b>  <i>Graham Crackers, Fresh Whole Fruit, Raisins</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Sausage &amp; Cheese English Muffin, Assorted Cereal, Mini Waffles, Cereal Bar, Banana Chocolate Chunk Benefit Bar</b>  <i>Graham Crackers, 100% Fruit Juice, Fresh Whole Fruit</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Turkey Ham, Egg &amp; Cheese Burrito, Assorted Cereal, Strawberry Cream Cheese Bagel, Breakfast Pizza</b>  <i>Fresh Whole Fruit, Graham Crackers, Sweet Raisins</i>  1% Low Fat Chocolate Milk, 1% White Milk
19	20	21	22	23
<b>Egg &amp; Cheese Biscuit, Mini French Toast, Assorted Cereal, Cereal Bar, Frosted Pop tart</b>  <i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Fresh Baked Cinnamon Roll, Mini Waffles, Fresh Baked Cinnamon Roll, Cereal Bar, Assorted Cereal</b>  <i>Graham Crackers, Assorted 100% Fruit Juice, Assorted Whole Fruit</i>  1% Low Fat Chocolate Milk, 1% White Milk	 <p align="center"><b>Thanksgiving Break No School</b></p>		
26	27	28	29	30
<b>Egg &amp; Cheese Sandwich, Assorted Cereal, Southwest Breakfast Bowl, Banana Chocolate Chunk Benefit Bar</b>  <i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Mini Pancakes, Made to Order Omelet, Trix Yogurt, Assorted Cereal, Cereal Bar</b>  <i>Blueberry Muffin, Assorted 100% Fruit Juice, Assorted Whole Fruit</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Egg &amp; Cheese Sandwich, Banana-Cranberry Parfait, Fresh Baked Cinnamon Roll, Assorted Cereal, Banana Chocolate Chunk Bar</b>  <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Mini Berry French Toast, Bagel with yogurt and String Cheese, Strawberry Smoothie, Assorted Cereal and Cereal Bars</b>  <i>Assorted 100% Fruit Juice, Assorted Whole Fruit, Apple Cinnamon Muffin</i>  1% Low Fat Chocolate Milk, 1% White Milk	<b>Blueberry Bash Waffles, Sausage &amp; Cheese English Muffin, Cereal Bar, Chocolate Chunk Benefit Bar, Frosted Pop tart</b>  <i>Sides: Graham Crackers, Fresh Fruit, Raisins</i>  1% Low Fat Chocolate Milk, 1% White Milk

**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!

**Shelly Farris, Director of Dining Services**

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734-529-2350 X11014

**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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**mail:**

U.S. Department of Agriculture  
 Office of the Assistant Secretary for Civil Rights  
 1400 Independence Avenue, SW  
 Washington, D.C. 20250-9410

**fax:**

(202) 690-7442; or

**email:**

program.intake@usda.gov.

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