



Dundee High School LUNCH MENU November 1-3 2017

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|---|
| create | Italian Beef Meatballs WG Spaghetti Seasoned Peas Roasted Italian Vegetables WG Dinner Roll | Deli Bar! Make your own Salad or Sub on Fresh Baked Bread | NO SCHOOL! | Deli Bar! Make your own Salad or Sub on Fresh Baked Bread | 1/2 DAY! Bag lunch available featuring a sandwich, vegetable, fruit and choice of milk |
| 2nd mate | Daily Selections: Classic Cheese Pizza & Pepperoni Pizza | | | | |
| | Garlic Chicken Pizza | Hawaiian Pizza | | Beef Taco Pizza | |
| grill'd | Spicy Chicken Patty Classic American Cheeseburger Baked Mozzarella Sticks w/ Marinara | Classic Cheeseburger Chicken Patty Italian Turkey Parm Burger | | BBQ Rib-B-Q Sandwich Chicken Patty American Cheeseburger | |
| SO DELI | 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. | | | | |
| ON THE GO | Simple Egg Salad Sandwich Greek Salad w/chicken Pineapple Parfait w/Granola | Popcorn Chicken Salad w/WG Roll, Curry Chicken Salad Sandwich, Strawberry Parfait w/ Granola | | Mixed Greens Salad w/ Cheese & WG Roll, Hummus and Feta Wrap, Strawberry Parfait w/ Granola | |
| SONO <small>CELEBRATE LATIN</small> | Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro lime Rice | Chicken Fajita, Seasoned Taco Meat, Seasoned Black Beans, Cilantro lime Rice | | Buffalo Ranch Chicken Quesadilla, Taco Meat, Seasoned Black Beans, Cilantro lime Rice | |
| Available with all meals - minimum of 1/2 cup fruit or vegetable | | | | | |
| EXTRA EXTRA! | Lettuce & Tomato Salad | Lettuce & Tomato Salad | | Lettuce & Tomato Salad | |
| | Marinated Cool Cucumbers | Broccoli Ranch Salad w/Carrots | | Broccoli Ranch Salad w/ Carrots | |
| | Fresh Cherry Tomatoes, Power Peas | Baby Carrots, Broccoli Florets, Garbanzo Beans | | Home-style Potato Salad, Kidney Beans, Celery | |
| | Assorted Chilled Fruit | Assorted Chilled Fruit | | Assorted Chilled 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 |
| | 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 |

HIGH: 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: \$3.40

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

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

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

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USDA is an equal opportunity provider and employer.



Dundee High School LUNCH MENU November 6-10 2017

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|---|
| create | Turkey Hot Dog Home-Style Beef and Bean chili Calolina Slaw Shredded Cheese Shredded Cheese Tater Tots | Pasta Bar!! Made to order! Chicken Alfredo Rotini with Meatsauce WG Dinner Roll | Boneless Wings with BBQ Sauce, Hot Sauce, WG Dinner Roll, Oven Baked Curly Fries, Baked Apple Slices | Deli Bar! Made to order Salads And Subs on Freshly Baked Bread | 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 Pizza | | | | |
| | French Bread Pizza | Veggie Pizza | Baked Mozzarella Sticks with Marinara Sauce | Pepperoni & Cheese Calzone | Meatball Pizza |
| grill'd | Spicy Chicken Patty, Grilled Chicken, Ch. Burger | Mini Corn Dogs w/WG Dinner Roll, Chicken Patty, Garlic Parmesan Turkey Burger | Turkey and Cheese Flatbread, Greek Chicken Sandwich, Cheese Burger, French Fries | Three Cheese Pretzel Sandwich, Chicken Patty, Toasted Turkey Melt | Mozz. & Pepp. Panini, Spicy Chicken Patty, Cheese Burger |
| SO DELI | 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. | | | | |
| ON THE GO | Cobb Salad w/Turkey, Apple cinnamon Parfait with Homemade Granola | Mandarin Chicken Salad w/wg Roll, Turkey and Cheese Pinwheels, Blueberry Parfait w/ Granola | Curry Chicken Salad Plate w/wg Roll, Turkey & Swiss Pretzell Roll, Apple cinnamon Parfait w/Granola | Buffalo Chicken & Barley Salad w/wg Roll, Turkey Ham & Cheddar Wrap, Blueberry Parfait w/Granola | Vegan Mediterranean Salad w/wg Roll, Chicken Ranch Wrap, Apple Cinnamon Parfait w/ Granola |
| SONO CELEBRATE LATIN | Chicken & Cheese Quesadilla, Turkey Taco Meat, Cilantro Lime Rice, Vegetarian Refried Beans | Pork Carnitas, Seasoned Taco Meat, Vegetarian Refried Beans, Cilantro Rice | Fajita Chicken, Turkey Taco Meat, Cilantro Lime Rice, Vegetarian Refried Beans | Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Vegetarian Refried Beans, Cilantro Lime Rice | Fajita Chicken, Turkey Taco Meat, Cilantro Lime Rice, Vegetarian Refried Beans |
| Available with all meals - minimum of 1/2 cup fruit or vegetable | | | | | |
| EXTRA! EXTRA! | Spinach and Cranberry Salad | Spinach and Cranberry Salad | Spinach and Cranberry Salad | Spinach and Cranberry Salad | Spinach and Cranberry Salad |
| | Corn & Black Bean Salad w/Salsa | Cilantro Lime Coleslaw | Corn & Black Bean Salad w/ Salsa | Cilantro Lime Coleslaw | Corn & Black Bean salad w/ Salsa |
| | Power Peas & Baby Carrots | Creamy Carrot & Raisin Salad | Marinated Cucumbers, Fresh Cherry Tomatoes | Creamy Carrot & Raisin Salad | Sliced Cucumbers, Fresh Baby Carrots |
| | 100% Fruit Juice | Garbanzo Beans, Fresh Broccoli | 100% Fruit Juice | Fresh Celery Sticks, Kidney Beans | 100% Fruit Juice |
| | Fresh Whole Fruit & Assorted Chilled Fuit | Fresh Whole Fruit & Assorted Chilled Fuit | Fresh Whole Fruit & Assorted Chilled Fuit | Fresh Whole Fruit & Assorted Chilled Fuit | Fresh Whole Fruit & Assorted Chilled Fuit |
| | 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 |

HIGH: 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 High School LUNCH MENU November 13-17, 2017

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|---|
| create | Sweet and Sour Meatballs Asian Brown Rice Fresh Sugar Snap Peas Steamed Asian Vegetable Blend | Deli Bar! Made to order Salads And Subs on Freshly Baked Bread | Build your own Burger Bar! Featuring Classic American Cheeseburger and Turkey Cheeseburger with all the fixins, Sweet Potato Fries | Roasted Turkey & Gravy Mashed Potatoes WG Stuffing WG Dinner Roll Apple Crisp Savory Green Beans | Viking Bowl Day!! Popcorn Chicken, Mashed Potatoes, Corn, Gravy, Cheddar cheese, w/WG Dinner Roll |
| | Daily Selections: Classic Cheese Pizza and Pepperoni Pizza | | | | |
| 2^{mateo} | Cheeseburger Pizza | Turkey & Cheese Stromboli | Bosco Sticks's with Marinara | Pepperoni & Jalapeno Pizza | Southwestern Chicken Flatbread |
| grill'd | Italian Meatball Sub, Spicy Chicken Sandwich, Cheeseburger | BBQ Pulled Turkey Sandwich, Chicken Patty, Black Bean Burger | Toasted Ham & Swiss, Crispy Chicken Tenders w/WG Roll, Jalapeno Cheeseburger, French Fries | Mozz. & Roasted Vege Panini, Chicken Patty, Siracha Turkey Burger | Crispy Fish Sandwich, BBQ Cheddar Chicken, Cheeseburger |
| SO DELI | 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. | | | | |
| ON THE GO | Strawberry Chicken Salad w/wg Roll, Turkey Ranch Wrap, Strawberry Parfait w/Granola | Popcorn Chicken Salad w/wg Roll, Curry Chicken Salad Sand., Pineapple Parfait w/Granola | Chef Salad w/wg Roll, Tuna Salad Sub, Strawberry Parfait w/Granola | Garden Salad w/ Cheese WG Roll, Hummus & Feta Wrap, Pineapple Parfait w/Granola | Antipasta Italiano Salad w/wg Roll, Ham & Swiss on Pretzell Roll, Strawberry Parfait w/Granola |
| sono CELEBRATE LATIN | Fajita Chicken, Turkey Taco Meat, Cilantro Lime Rice, Seasoned Black Beans | Mexican Chicken Torta, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice | Fajita Chicken, Turkey Taco Meat, Cilantro Lime Rice, Seasoned Black Beans | Chicken & Cheese Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro lime Rice | Fajita Chicken, Vegetarian Nachos, Turkey Taco Meat, Cilantro Lime Rice, Seasoned Black Beans |
| Available with all meals - minimum of 1/2 cup fruit vegetable | | | | | |
| EXTRA! EXTRA! | Hearty Spinach & Vegetable Salad | Hearty Spinach & Vegetable Salad | Hearty Spinach & Vegetable Salad | Hearty Spinach & Vegetable Salad | Hearty Spinach & Vegetable Salad |
| | Marinated Tomato & Cucumber Salad | Marinated Tomato & Cucumber Salad | Asian Pinto Salad | Marinated Tomato & Cucumber Salad | Asian Pinto Salad |
| | Power Peas & Fresh Baby Carrots | Sweet Potato Salad | Marinated Cucumbers & Fresh Cherry Tomatos | Sweet Potato Salad | Sliced Cucumbers, Fresh Baby Carrots |
| | 100% Fruit Juice | Garbanzo Beans, Fresh Broccoli Florets | 100% Fruit Juice | Kidney Beans, Fresh 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 |
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Dundee High School LUNCH MENU November 20-24, 2017

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--------------------|--------------------------|--------|
| create | Macaroni & Cheese w/ WG Garlic Bread, Fresh Steamed Vegetable Medley | 1/2 Day: Bag Lunch is Available including; Sandwich, Vegetable, Fresh fruit Choice of Milk | NO School!! | Happy Thanks Giving!! | |
| 2nd mate | Daily Selections: Classic Cheese Pizza and Pepperoni Pizza | | | | |
| | BBQ Chicken Pizza | | | | |
| grill'd | Chicken Patty, Buffalo Blue Chicken Sand, Cheeseburger | | | | |
| SO DELI | 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. | | | | |
| ON THE GO | Cobb Salad w/wg roll, Chicken, Swiss & spinach Sub, Blueberry Parfait w/Granola | | | | |
| SONO <small>CELEBRATE LATIN</small> | Fajita chicken, Turkey Taco Meat, Cilantro Lime Rice, Vegetarian Refried Beans | | | | |
| Available with all meals - minimum of 1/2 cup fruit vegetable | | | | | |
| EXTRA! EXTRA! | Colorful Tossed Salad | | | | |
| | Sweet Corn Salad w/Ranch Dressing | | | | |
| | Power Peas & Baby Carrtos | | | | |
| | 100% Fruit Juice | | | | |
| | Fresh Whole Fruit, Assorted Chilled Fruit | | | | |
| | 1% Low-Fat Milk | | | | |
| | Fat-Free Chocolate & Strawberry Milk | | | | |

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Dundee High School LUNCH MENU November 27-30, 2017

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|--------|
| create | Italian Beef Meatballs WG Spaghetti Seasoned Peas Roasted Italian Vegetables | Pasta Bar!! Made to order! Chicken Alfredo Rotini with Meatsauce WG Dinner Roll | Philly Cheese Steak, Chicken Philly Cheese Steak, Sauteed Peppers, Sauteed Onions, Sauteed Mushrooms, Tater Tots | Deli Bar! Make your own Salad or Sub on Fresh Baked Bread | |
| F | | | | | |
| 2. mato | Daily Selections: Classic Cheese Pizza and Pepperoni Pizza | | | | |
| | Garlic Chicken Pizza | Hawaiian Pizza | Cheese Stuffed Bosco sticks w/ Marinara | Beef Taco Pizza | |
| grill'd | Spicy Chicken Patty Classic American Cheeseburger Baked Mozzarella Sticks w/ Marinara | Classic Cheeseburger Chicken Patty Italian Turkey Parm Burger | Spicy Chicken Patty Tuscan Chicken Sandwich Classic Cheeseburger Baked Fries | BBQ Rib Sandwich Classic Chicken Sandwich Cheeseburger | |
| SO DELI | Made to order sandwich and salad bar with your choice of: Assorted deli meats, cheeses & toppings on your choice of bread. Salads Offered with WG Dinner Roll. | | | | |
| ONE GO | Simple Egg Salad Sandwich Greek Chicken Salad w/wg Roll, Pineapple Parfait w/Granola | Popcorn Chicken Salad w/WG Roll, Curry Chicken Salad Sandwich, Strawberry Parfait w/ Granola | Turkey Ham Chef Salad w/WG Dinner Roll, Tuna Salad Sub, Pineapple Parfait w/Granola | Mixed Greens Salad with Cheese & WG Dinner Roll, Hummus & Feta Wrap, Strawberry Parfait w/Granola | |
| sono <small>CELEBRATE LATIN</small> | Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro lime Rice | Chicken Fajita, Seasoned Taco Meat, Seasoned Black Beans, Cilantro lime Rice | Pork Carnitas, Turkey Taco Meat, Seasoned Black Beans, Cilantro Lime Rice | Buffalo Ranch Quesadilla, Seasoned Taco Meat, Seasoned Black Beans, Cilantro Lime Rice | |

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

| | | | | | |
|--------------------|--------------------------------------|--|---|--|--|
| EXTRA EXTRA | Lettuce & Tomato Salad | Lettuce & Tomato Salad | Lettuce & Tomato Salad | Lettuce & Tomato Salad | |
| | Marinated Cool Cucumbers | Broccoli Ranch Salad w/Carrots | Marinated Cool Cucumbers | Broccoli Ranch Salad w/Carrots | |
| | Fresh Cherry Tomatoes, Power Peas | Baby Carrots, Broccoli Florets, Garbanzo Beans | Green Bean Salad, Fresh Cherry Tomatoes | Potato Salad, Kidney Beans, Fresh Celery | |
| | Assorted Chilled Fruit | Assorted Chilled Fruit | Assorted Chilled Fruit | Assorted Chilled 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 | |
| | Fat-Free Chocolate & Strawberry Milk | Fat-Free Chocolate & Strawberry Milk | Fat-Free Chocolate & Strawberry Milk | Fat-Free Chocolate & Strawberry Milk | |

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