



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.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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

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.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.



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
	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.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.



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				

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.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.



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	

High: A full student lunch includes a choice of entree supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side offerings, and a choice of milk. Milk Choices include 1% White and skim Chocolate and Strawberry.

School Foodservice Information

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

Adult Lunch: \$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.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.