



## Dundee Middle School LUNCH MENU November 1-3, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Macaroni & Cheese w/ WG Dinner Roll, Seasoned Carrots Seasoned Peas		<b>NO School!!</b>	Viking Bowl! Popcorn Chicken, Mashed Potatoes, Gravy, WG dinner roll, Steamed Corn, Steamed Broccoli	1/2 Day! Bag Lunch Available featuring a sandwich, vegetable, fruit and Choice of Milk
<b>2<sup>mate</sup></b>	<b>Daily Selections: Classic Cheese &amp; Pepperoni Pizza</b>				
	Garlic Chicken Pizza	Hawaiian Pizza		Beef Taco Pizza	
<b>grill'd</b>	Spicy Chicken Sandwich Classic American Cheeseburger	Three Cheese Pretzel Sandwich, Chicken Patty, Italian Turkey Sandwich		BBQ Rib Sandwich, Chicken Patty, Cheese Burger	
<b>ON THE GO</b>	Simple Egg Salad Sandwich Pineapple Parfait w/Granola Greek Salad Sandwich w/ Chicken	Popcorn Chicken Salad, Turkey & Cheddar On Ciabatta Roll, Strawberry Parfait with Granola		Garden Salad w/Cheese, Chicken salad Sandwich on Ciabatta, Strawberry Parfait with Granola	
<b>SONO</b> <small>CELEBRATE LATIN</small>		Baja Beef Bowl, Seasoned Beef Tacos, Nachos, Burrito, Cilantro lime Rice, Seasoned Black Beans			

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

Lettuce & Tomato Salad	Lettuce & Tomato Salad		Lettuce & Tomato Salad	
Marinated Cool Cucumbers	Fresh Broccoli & Carrots		Home-style Potato Salad	
Power Peas	Green Bean Salad		Green Bean Salad	
Fresh Cherry Tomatoes	Garbanzo Beans		Kidney Beans, Celery Sticks	
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	
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, **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

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## Dundee Middle School LUNCH MENU November 6-10, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Turkey Hot Dog, Home-Style Beef and Bean Chili, Carolina Slaw, Tater Tots		Boneless Chicken Wings with BBQ Sauce, Hot Sauce, WG Dinner roll, Oven Baked Fries, Baked Apple Slices	Breakfast for Lunch!! WG Pancakes w/ Turkey Sausage, Scramble Eggs with cheese, Home Fried Potatoes	Viking Bowl!! Mashed Potatoes & Chicken Bowl with WG Dinner Roll
	BOS				
<b>2<sup>mate</sup></b>	Daily Selections: Classic Cheese & Pepperoni Pizza				
	BBQ Chicken Pizza	Chicken Tostado Flatbread	Bosco Sticks w/ Marinara Sauce	Pepperoni & Cheese Calzone	Meatball Pizza
<b>grill'd</b>	Southwest Corn & Black Bean Wrap, Chicken Patty, Cheeseburger	Mini Corn Dogs, Chicken Patty, Garlic Parm. Turkey Burger	Turkey and Cheese Flatbread, Greek Chicken Sandwich, Cheeseburger w/ Fries	Three Cheese Pretzel Sandwich, Chicken Patty, Toasted Turkey Melt	Mozz & Pep. Panini, Buffalo Chix Sandwich, Cheeseburger
<b>ON THE GO</b>	Cobb Salad w/ Turkey, Blueberry Parfait with Granola	Mandarin Chicken Salad, Turkey & Cheese Pinwheels, Apple Cinnamon Parfait	Curry Chicken Salad Plate, Roasted Italian Vege Wrap, Blueberry Parfait with Granola	Buffalo Chicken & Barley Salad, Turkey Ham & Cheddar Wrap, Apple Cinnamon Parfait	Vegan Mediterranean Salad, Chicken Ranch Wrap, Blueberry Parfait with Granola
<b>SONO</b> CELEBRATE LATIN		Seasoned Taco Beef, Chicken Fajita, Cilantro Lime Rice, Vegetarian Refried Beans			

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

Spinach and Cranberry Salad	Spinach and Cranberry Salad	Spinach and Cranberry Salad	Spinach and Cranberry Salad	Spinach and Cranberry Salad
Corn & Black Bean Salad with Salsa	Cilantro Lime Coleslaw	Creamy Carrot & Raisin Salad	Creamy Carrot & Raisin Salad	Corn & Black Bean Salad with Salsa
Power Peas, Baby Carrots	Garbanzo Beans	Marinated Cool Cucumbers, Fresh Cherry Tomatoes	Kidney Beans	Sliced Cucumbers, Baby Carrots
100% Fruit Juice	Fresh Broccoli Florets	100% Fruit Juice	Fresh Celery Sticks	100% Fruit Juice
Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, Chilled Fruit	Fresh Whole Fruit, 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



**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

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## Dundee Middle School LUNCH MENU November 13-17, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Baked Ziti w/WG Garlic Bread, Steamed Vegetable Medley		Burger Bar! Featuring Classic American Cheese Burger, Turkey Cheeseburger with all the fixins. Oven Baked Fries	Roasted Turkey with Mashed Potato & Gravy, WG Dinner Roll, Savory Green Beans, WG Bread Stuffing, Apple Crisp	Crispy Crunchy Shrimp Poppers, Side of Macaroni & Cheese, Jalapeno Corn Bread, Seasoned Peas
<b>2<sup>nd</sup> mate</b>	<b>Daily Selections: Classic Cheese &amp; Pepperoni Pizza</b>				
	Cheeseburger Pizza	Turkey & Cheese Stromboli	Bosco Sticks w/ Marinara	Pepperoni & Jalapeno Pizza	Southwestern Chicken Flatbread
<b>grill'd</b>	Italian Meatball Sub, Spicy Chicken Patty, Cheeseburger	BBQ Pulled Turkey Sandwich, Chicken Patty, Black Bean Burger	Toasted Ham & Swiss, Chicken Tenders, Jalapeno Ch.burger w/ Fries	Italian Chicken Parm, Chicken Patty, Sriracha Turkey Burger	Crispy Fish Sandwich, BBQ Cheddar Chicken Sandwich, Ch.burger
<b>ON THE GO</b>	Strawberry Chicken Salad, Egg Salad Sandwich, Pineapple Parfait w/ Granola	Popcorn Chicken Salad, Turkey & Cheddar on Ciabatta Roll, Strawberry Parfait w/Granola	Turkey Ham & Turkey Chef Salad, Tuna Salad Sub, Pineapple Parfait W/ Granola	Garden Salad w/ Cheese, Chicken Salad Sandwich on Ciabatta, Strawberry Parfait with Granola	Antipasta Italiano Salad, Chicken Caesar Wrap, Pineapple Parfait w/ Granola
<b>SONO CELEBRATE LATIN</b>		Fajita Chicken, Turkey Taco Meat, Seasoned Black Beans, Cilantro Rice, Cheddar Cheese Sauce			

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

<b>EXTRA! EXTRA!</b>	Hearty Spinach & Vegetable Salad	Hearty Spinach & Vegetable Salad	Hearty Spinach & Vegetable Salad	Hearty Spinach & Vegetable Salad	Hearty Spinach & Vegetable Salad
	Marinated Tomato & Cucumber Salad	Asian Pinto Bean Salad	Marinated Tomato & cucumber Salad	Marinated Tomato & Cucumber Salad	Asian Pinto Bean Salad
	Power Peas & Baby Carrots	Sweet Potato Salad	Fresh Cherry Tomatoes	Sweet Potato Salad	Sweet Potato Salad, Sliced Cucumbers, Baby Carrots
	100% Fruit Juice	Garbanzo Beans & Fresh Broccoli	100 % Fruit Juice	Kidney Beans & Celery Sticks	100% Fruit Juice
	Fresh Whole Fruit/ Chilled Canned Fruit	Fresh Whole Fruit/ Chilled Canned Fruit	Fresh Whole Fruit/ Chilled Canned Fruit	Fresh Whole Fruit/ Chilled Canned Fruit	Fresh Whole Fruit/ Chilled Canned 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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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 November 20-24, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Chicken Parmesan w/WG Pasta, Roasted Fall Vegetables, WG Garlic Bread, Seasoned Cauliflower	1/2 Day! Bag lunch available including: Sandwich, Fresh Vegetable, Fruit and Choice of Milk	<b>No School!!</b>	<b>Happy</b>	<b>Thanksgiving</b>

<b>2<sup>mate</sup></b>	Daily Selections: Classic Cheese & Pepperoni Pizza				
	Italian Sausage Flatbread				

<b>grill'd</b>	Greek Beef & Tzatziki Sandwich, Spicy Chicken Patty, Ch. Burger				
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<b>ON THE GO</b>	Cobb Salad, Apple Cinnamon Parfait with Granola				
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<b>SONO</b> CELEBRATE LATIN					
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Available with all meals - minimum of 1/2 cup fruit vegetable



Colorful Tossed Salad				
Chilled Sesame Broccoli Salad				
Power Peas & Baby Carrots				
100% Fruit Juice				
Fresh Whole Fruit, Chilled Fruit				
1% Low-Fat Milk				
Fat-Free Chocolate & Strawberry Milk				

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## Dundee Middle School LUNCH MENU November 27-30, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Macaroni & Cheese w/ WG Dinner Roll, Seasoned Carrots, Seasoned Peas	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Breakfast for Lunch!! WG Pancakes w/ Turkey Sausage, Scramble Eggs with cheese, Home Fried Potatoes	Viking Bowl!! Mashed Potatoe & Chicken Bowl with WG Dinner Roll	
<b>Daily Selections: Classic Cheese &amp; Pepperoni Pizza</b>					
<b>2<sup>matto</sup></b>	Garlic Chicken Pizza	Hawaiian Pizza	Pepperoni & Cheese Calzone	Meatball Pizza	
<b>grill'd</b>	Spicy Chicken Sandwich Classic American Cheese Burger	Three Cheese Pretzel Sandwich, Chicken Patty, Italian Turkey Parmesan	Three Cheese Pretzel Sandwich, Chicken Patty, Turkey Patty Melt	Mozzarella & Pepperoni Panini, Buffalo Blue Chicken, Cheeseburger	
<b>ONE-GO</b>	Simple Egg Salad Sandwich, Pineapple Parfait w/Granola, Greek Salad with Chicken	Popcorn Chicken Salad, Turkey & Cheddar on Ciabatta Roll, Strawberry Parfait w/ Granola	Buffalo Chicken & Barley Salad, Honey Mustard Turkey Ham & Cheese, Apple Cinnamon Parfait w/granola	Vegan Mediterranean Salad w/WG Dinner Roll, Chicken Ranch Wrap, Blueberry Parfait w/Granola	
<b>SONO</b> <small>CELEBRATE LATIN</small>		Baja Beef Rice Bowl, Seasoned Taco Beef, Vegetarian Refried Beans, Cilantro Lime Rice			

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



Lettuce & Tomato Salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad	Spinach & Cranberry Salad	
Marinated Cool Cucumbers	Fresh Broccoli & Carrots	Cilantro Lime Coleslaw	Corn & Blackbean Salad	
Power Peas	Green Bean Salad	Creamy Carrot & Raisin Salad	Sliced Cucumbers	
Fresh Cherry Tomatoes	Garbanzo Beans	Kidney Beans	Fresh Carrots	
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	
Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	Fat-Free Chocolate & Strawberry Milk	

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