



**Dundee Middle & High School November 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 Egg & Cheese Omelet Frosted Cinnamon Pop tart Shredded Mini-Wheat  Sides: WG Blueberry Muffin, Assorted Whole Fruit, Chilled Fruit, 100% Fruit Juice  FF Chocolate Milk, 1% White Milk	31 Scramble Egg Pizza, Cinnamon Stuffed Bagel, Cheerios  Sides: WG Blueberry Muffin, Assorted Whole Fruit, Chilled Fruit, Goldfish Cinnamon Graham Cracker  FF Chocolate Milk, 1% White Milk	1 <b>No School!</b>	2 Mexi Breakfast Wrap, Cornflakes, Blueberry Bash Waffles, Raspberry Rainbow Yogurt  Sides: Graham Crackers, Chilled fruit, Fresh Fruit, String Cheese  FF Chocolate Milk, 1% White Milk	3 Sausage & Cheese English Muffin, Cheerios, It's Almost Summer Smoothie, Cinnamon Cream Cheese Bagel  Sides: Graham Crackers, Chilled Fruit, Whole Fruit, 100% Fruit Juice  FF Chocolate Milk, 1% White Milk
6 Turkey Ham & Egg Burrito, WG French Toast, Cheerios, Crunchy Banana Parfait  Sides: Graham Crackers, Chilled Fruit, Whole Fruit, Raisins  FF Chocolate Milk, 1% White Milk	7 Mini Blueberry Pancakes Cinnamon Roll Smoothie, Shredded Mini Wheats, Strawberry Cream Cheese Bagel  Graham Crackers, Chilled Fruit, Fresh Fruit, 100% Fruit Juice  FF Chocolate Milk, 1% White Milk	8 Egg & Cheese Bagel, WG Blueberry Mini Pancake, Strawberry Banana Yogurt, RS Apple Jacks  Bunny Grahams, Chilled Fruit, Fresh Fruit, Sweet Raisins  FF Chocolate Milk, 1% White Milk	9 Bacon Scramble Breakfast Pizza, Cinnamon Pop tart, Cheerios, WG Waffles  WG Blueberry Muffin, Chilled Fruit, Fresh Fruit, 100% Fruit Juice  FF Chocolate Milk, 1% White Milk	10 Turkey Sausage Pancake on a stick, Cherry Frudel, RS Apple Jacks Cereal, Strawberry Pop tart  Graham Crackers, Chilled Fruit, Fresh Fruit, Sweet Raisins  FF Chocolate Milk, 1% White Milk
13 Egg & Ch. Burrito, Blueberry Bash Waffles, Cheerios, Berry Patch Smoothie  Sides: WG Cinnamon Toast, Fresh Grapes, Sweet Raisins, Graham Crackers  FF Chocolate Milk, 1% White Milk	14 Scramble Egg Pizza, Cinnamon Stuffed Bagel, Mini Blueberry Pancakes, Strawberry Pop tart  Graham Crackers, 100% Fruit Juice, Orange Wedges, LF String Cheese  FF Chocolate Milk, 1% White Milk	15 Sausage & Cheese English Muffin, WG Berry Mini French Toast, Strawberry Banana Yogurt  Graham Crackers, Chilled Fruit, Fresh Whole Fruit, Raisins  FF Chocolate Milk, 1% White Milk	16 Egg & Cheese Bagel, Scramble Egg Pizza, Apple Pie Smoothie, RS Apple Jacks Cereal  Bunny Grahams, 100% Fruit Juice, Fresh Whole Fruit, Chilled Fruit  FF Chocolate Milk, 1% White Milk	17 Turkey Ham, Egg & Cheese Burrito, Mini Pancakes, Strawberry Bagel, Cheerios  Assorted Chilled Fruit, Fresh Whole Fruit, LF String Cheese  FF Chocolate Milk, 1% White Milk
20 Sausage, Egg & Cheese Burrito, WG Cinnamon Mini French Toast, Cinnamon Cream Cheese Bagel, Frosted Mini Wheats  Sides: Graham Crackers, Chilled Fruit, Whole Fruit  FF Chocolate Milk, 1% White Milk	21 Breakfast Sausage Pizza, Rasperry Yogurt, Cornflakes, Mini Blueberry Pancakes  Bunny Grahams, String Cheese, 100% Fruit Juice, Fresh Whole Fruit  FF Chocolate Milk, 1% White Milk	22	23	24
27 Egg & Cheese Omelet Frosted Cinnamon Pop tart Shredded Mini-Wheat  Sides: WG Blueberry Muffin, Assorted Whole Fruit, Chilled Fruit, 100% Fruit Juice  FF Chocolate Milk, 1% White Milk	28 Scramble Egg Pizza, Cinnamon Stuffed Bagel, Cheerios  Sides: WG Blueberry Muffin, Assorted Whole Fruit, Chilled Fruit, Goldfish Cinnamon Graham Cracker  FF Chocolate Milk, 1% White Milk	29 Mexi Breakfast Wrap, Cornflakes, Blueberry Bash Waffles, Raspberry Rainbow Yogurt  Sides: Graham Crackers, Chilled fruit, Fresh Fruit, String Cheese  FF Chocolate Milk, 1% White Milk	30 Sausage & Cheese English Muffin, Cheerios, It's Almost Summer Smoothie, Cinnamon Cream Cheese Bagel  Sides: Graham Crackers, Chilled Fruit, Whole Fruit, 100% Fruit Juice  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) \$1.65 Adult**

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

Shelly 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

