



## Dundee Middle School LUNCH MENU April 3 - April 7, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Boneless Chicken Wings, Boston Baked Beans, Power Carrots and Super Celery.	<b>SONO BAR!</b> Made to order tacos, burritos, salads, or rice bowls	Toasty Cheese Sandwich with Tomato, Macaroni and Vegetable Salad, Crispy Turkey Bacon.	<b>SONO BAR!</b> Made to order tacos, burritos, salads, or rice bowls	Viking Bowl Friday's! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll
<b>2<sup>mate</sup></b>	<b>Daily Selections: Classic Cheese Pizza</b>				
	Pepperoni Pizza	Italian Sausage Flatbread	Hawaiian Pizza	Pepperoni Pizza	Turkey Ham & Cheese Pizza Pocket
<b>grill'd</b>	<b>Daily Selections: Breaded Chicken Patty Sandwich</b>				
	Classic Cheeseburger	Chicken Bacon Cheddar Melt	Bosco Sticks! Italian Hoagie	Classic Cheeseburger	Bosco Sticks!
<b>ON THE GO</b>	<b>Grab &amp; Go Parfaits, Yogurt or Smoothies, Fresh Made Daily Deli Sandwiches and/or Salads. Apple Cinnamon Parfait or Peach Parfait with Homemade Granola or WG Muffin and Ham and Turkey Chef Salad</b>				
<b>SONO</b> <small>CELEBRATE LATIN</small>	<b>(Available on Scheduled Days of the Week-noted in the Create Station) Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce &amp; other Assorted Fresh Toppings</b>				
<b>Available with all meals - minimum of 1/2 cup fruit vegetable</b>					
<b>EXTRA! EXTRA!</b>	Seasoned Peas and Carrots	Savory Green Beans	Garbanzo Beans	Applesauce	Seasoned Peas and Carrots
	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
	Cucumbers, Sliced Tomatoes, and Fresh Corn Salad	Cucumbers, Sliced Tomatoes, and Fresh Corn Salad	Cucumbers, Sliced Tomatoes, and Fresh Corn Salad	Cucumbers, Sliced Tomatoes, and Fresh Corn Salad	Cucumbers, Sliced Tomatoes, and Fresh Corn Salad
	Grapes	Kiwi	Grapes	Kiwi	Assorted Chilled Fruit
	Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges
	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 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!

**Jennifer Gay, Director of Dining Services**

734-529-2350 X11014, Jennifer.Gay@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](http://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](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](mailto: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 Middle School LUNCH MENU April 10 - April 14, 2017**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Build Your Own Yogurt Parfait with Fresh Fruit and Assorted Toppings!	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Viking Bowl Friday's Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll	<b>Spring Break Begins!</b>

BOS

	Daily Selections: Classic Cheese Pizza				
	Pepperoni Pizza	Cheese Pizza Dunkers Italian Sausage Pizza	Bacon Cheeseburger Pizza	Pepperoni Pizza	

	Daily Selections: Classic Cheeseburger or Breaded Chicken Patty Sandwich				
	Hot Ham and Cheese Sandwich	WG Chicken Nuggets	WG Pretzel	Classic Cheeseburger	

	Grab & Go Parfaits, Yogurt or Smoothies, Fresh Made Daily Deli Sandwiches and/or Salads Peach Parfait with Homemade Granola or WG Muffin and Ham and Turkey Chef Salad
--	---

	(Available on Scheduled Days of the Week-noted in the Create Station) Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce & other Assorted Fresh Toppings
--	--

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

Seasoned Peas and Carrots	Grapes	Garbanzo Beans	Kiwi	
Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	
Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	
Grapes	Bananas	Grapes and Bananas	Pineapple and Kiwi	
Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges	
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	



**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**

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

Adult Price: \$3.40

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

**Jennifer Gay, Director of Dining Services**

734-529-2350 X11014, Jennifer.Gay@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](http://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](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](mailto: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.



**MIDDLE OF THE WEEK 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.

Adult Price: \$3.40

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

**Jennifer Gay, Director of Dining Services**

734-529-2350 X11014, Jennifer.Gay@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](http://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](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](mailto: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 Middle School LUNCH MENU April 24- April 28, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Baked Potato Bar - Create your own baked potato with chili, onion, sour cream and other assorted toppings.	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Breakfast for Lunch! WG French Toast Sticks, Turkey Sausage Link, Hash Brown Patty	SONO BAR! Made to order tacos, burritos, salads, or rice bowls	Viking Bowl Friday's! Popcorn Chicken, Mashed Potatoes and Gravy, Seasoned Corn, Cheddar Cheese and a Dinner Roll

<b>2<sup>nd</sup> mateo</b>	Daily Selections: Classic Cheese Pizza				
	Pepperoni	Pepperoni	Bosco Sticks!	BBQ Chicken Pizza	Pepperoni

<b>grill'd</b>	Daily Selections: Breaded Chicken Patty Sandwich				
	Classic Cheeseburger	BBQ Cheddar Chicken Sandwich	Turkey and Cheese on a Bun	WG Chicken Nuggets Italian Hoagie	Classic Cheeseburger

<b>ON THE GO</b>	Grab & Go Parfaits, Yogurt or Smoothies, Fresh Made Daily Deli Sandwiches and/or Salads Strawberry Parfait with Homemade Granola or WG Muffin and Turkey and Cheese Pinwheels
------------------	--

<b>SONO</b> CELEBRATE LATIN	(Available on Scheduled Days of the Week-noted in the Create Station) Build your own Burrito, Taco, Nachos or Salad with Seasoned Taco Meat, Fajita Chicken, Seasoned Beans, Mexican Rice, Mild Cheese Sauce & other Assorted Fresh Toppings
--------------------------------	--

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

Savory Green Beans	Savory Green Beans	Garbanzo Beans	Banana	Seasoned Corn
Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad
Sliced Tomatoes, Onions & Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes and Cucumbers	Sliced Tomatoes, Onions & Cucumbers
Grapes	Bananas and Kiwi	Grapes	Pineapple and Kiwi	Assorted Chilled Fruit
Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges	Apples and Oranges
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**

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

Adult Price: \$3.40

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

**Jennifer Gay, Director of Dining Services**

734-529-2350 X11014, Jennifer.Gay@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](http://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](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](mailto: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.