



# JANUARY | 2020

## Dundee Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b> No School – Holiday Break</p>	<p><b>31</b> No School – Holiday Break</p>	<p><b>1</b> No School – Holiday Break</p>	<p><b>2</b> Apple Turnover OR Cinnamon Spice Oatmeal Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>3</b> Banana Muffin w/ Hard Cooked Egg OR Apple Baked Oatmeal Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>
<p><b>6</b> Cocoa Cherry Bar w/ Hard Cooked Egg OR Oatmeal Breakfast Cookie Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>7</b> Froot Loops, Honey Graham Crackers &amp; Juice OR Blueberry Pear Breakfast Crisp Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>8</b> Mixed Berry Yogurt Parfait OR Pancake and Sausage on a Stick Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>9</b> Cinnamon Toast Crunch Breakfast Kit OR Cinnamon Spice Oatmeal Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>10</b> Cocoa Krispies Breakfast Kit OR Apple Baked Oatmeal Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>
<p><b>13</b> Strawberry Yogurt w/ Strawberry Chex Mix OR Oatmeal Breakfast Cookie Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>14</b> Apple Jacks Breakfast Kit or Blueberry Pear Breakfast Crisp Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>15</b> Mixed Berry Yogurt Parfait OR Blueberry Muffin w/ Hard Cooked Egg Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>16</b> Trix Cereal Breakfast Kit OR Cinnamon Spice Oatmeal Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>17</b> Egg &amp; Bacon Pizza OR Apple Baked Oatmeal Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>
<p><b>20</b> No School – Martin Luther King Day</p>	<p><b>21</b> Cinnamon Pop-Tart w/ Graham Crackers &amp; Juice OR Blueberry Pear Breakfast Crisp Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>22</b> Mixed Berry Yogurt Parfait OR Lucky Charms Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>23</b> Cinnamon Spice Oatmeal OR Egg &amp; Cheese Sandwich Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>24</b> Cherry Frudel OR Apple Baked Oatmeal Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>
<p><b>27</b> Banana Muffin w/ String Cheese OR Oatmeal Breakfast Cookie Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>28</b> Cocoa Cherry Bar w/ Hard Cooked Egg OR Blueberry Pear Breakfast Crisp Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>29</b> Froot Loops Breakfast Kit OR Mixed Berry Yogurt Parfait Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>30</b> Cinnamon Spice Oatmeal OR Pancake and Sausage on a Stick Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>	<p><b>31</b> Apple Baked Oatmeal OR Cinnamon Toast Crunch Cereal Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk</p>

### News

It's National Oatmeal Month and we have reason to celebrate! Did you know that oats are higher in protein and healthy fats, and lower in carbohydrates than most other grains? Early introduction of oats in children's diets may help reduce their risk of asthma. In the U.S., most oats are steamed and flattened to produce rolled oats and they never have their bran and germ removed in processing making them a "whole grain". We will be offering our homemade instant oatmeal, baked oatmeal, yogurt parfaits w/ granola and oatmeal breakfast cookies.



# JANUARY | 2020

## Dundee Elementary Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31	1 No School – Holiday Break	2 8) Chicken Fries OR choice from Grab & Go Menu (See Sidebar) Country Trio Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	3 9) Cheese Pizza OR choice from Grab & Go Menu (See Sidebar) Green Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
6) Mini Corn Dogs OR choice from Grab & Go Menu (See Sidebar) Baked Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	7 11) Cheeseburger on a Bun OR choice from Grab & Go Menu (See Sidebar) French Fries Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	8 12) Chicken Nuggets OR choice from Grab & Go Menu (See Sidebar) Steamed Carrots Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	9 13) Mexican Pizza OR choice from Grab & Go Menu (See Sidebar) Steamed Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	10) 4) Mini Pancakes, hashbrown, sausage, OR choice from Grab & Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
13) 5) Honey BBQ Rib Sandwich or Chicken Patty Sandwich OR choice from Grab & Go Menu (See Sidebar) Baked Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	14 1) Maple Glazed French Toast Sticks w/ Sausage Links OR choice from Grab & Go Menu (See Sidebar) Hot Cinnamon Apples Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	15 2) Cheese Mozzarella Bread w/ Marinara Dipping Sauce OR choice from Grab & Go Menu (see sidebar) Steamed Broccoli & Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	16 3) Pepperoni Pizza OR choice from Grab & Go Menu (See Sidebar) Mixed Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	17 4) Popcorn Chicken w/ Teddy Grahams OR choice from Grab & Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
20 No School – Martin Luther King Day	21 5) Walking Tacos OR choice from Grab & Go Menu Fiesta Black Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	22) 6) Twisted Toasted Cheese OR choice from Grab & Go Menu (See Sidebar) Tomato Soup Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	23 7) Hotdog, Sloppy Joe, Coney OR choice from Grab & Go Menu (See Sidebar) French Fries Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	24 8) Chicken Fries OR choice from Grab & Go Menu (See Sidebar) Country Trio Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
27 9) Cheese Pizza OR choice from Grab & Go Menu (See Sidebar) Green Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	28 10) Mini Corn Dogs OR choice from Grab & Go Menu (See Sidebar) Baked Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	29) 11) Cheeseburger on a Bun OR choice from Grab & Go Menu (See Sidebar) French Fries Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	30) 12) Chicken Nuggets OR choice from Grab & Go Menu (See Sidebar) Steamed Carrots Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	31 13) Mexican Pizza OR choice from Grab & Go Menu (See Sidebar) Steamed Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice

### Grab & Go Meals

We understand that all children may not like what our special of the day is so we have optional meals every day. If our hot item of the day does not suit our customer they can choose one of the following entrees:

Option A: Peanut Butter & Grape Jelly Uncrustable w/ String Cheese & Goldfish Crackers.

Option B: Trix Strawberry Yogurt w/ Granola, String Cheese & Goldfish Crackers.

The following meal options need to be ordered a day ahead:

Chef Salad, Fruited Yogurt Parfait or Ham and Cheese Sandwich.

Please see your teacher or lunch lady for details.

**Reduced - \$0.40**  
**Elementary - \$2.95**  
**7-12 - \$3.20**  
**Adult - \$3.70**