



## Chartwells School Dining Services: Rochester Elementary Schools

### Breakfast Menu Septemeber 2021

**All meals are FREE through the end of the school year due to a USDA waiver from COVID**

A full student breakfast meal includes an entrée supplying grains or grains and protein, 1 cup of fruit side dish, and choice of milk.

Milk choices include 1% white and 1% chocolate.

Menu subject to change due to product availability. This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BenefIT Bar Cupped Fruit 100% Fruit Juice	2 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	3 No School
6 No School <b>Happy Labor Day!</b>	7 Mini French Toast with Syrup Fresh Fruit 100% Fruit Juice	8 BenefIT Bar Cupped Fruit 100% Fruit Juice	9 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	10 Apple Cinnamon Texas Toast Cupped Fruit 100% Fruit Juice
13 WG Stuffed Cinnamon Cream Cheese Stuffed Baqel Cupped Fruit 100% Fruit Juice	14 Mini Pancakes with Syrup Fresh Fruit 100% Fruit Juice	15 BenefIT Bar Cupped Fruit 100% Fruit Juice	16 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	17 Apple Cinnamon Texas Toast Cupped Fruit 100% Fruit Juice
20 WG Bagel with Cream Cheese Cupped Fruit 100% Fruit Juice	21 Mini Waffles with Syrup Fresh Fruit 100% Fruit Juice	22 BenefIT Bar Cupped Fruit 100% Fruit Juice	23 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	24 Apple Cinnamon Texas Toast Cupped Fruit 100% Fruit Juice
27 WG Stuffed Cinnamon Cream Cheese Baqel Cupped Fruit 100% Fruit Juice	28 Mini French Toast with Syrup Fresh Fruit 100% Fruit Juice	29 BenefIT Bar Cupped Fruit 100% Fruit Juice	30 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	

Go to [MyPlate.gov](http://MyPlate.gov) for online personal wellness resources for you and your family.



QUESTIONS? CALL:

Food Service Director Tracy Hizer @ 248-726-4650 or

Asst. Food Service Directors Tamara Brazelton or Marci Flaherty at 248-726-4601 or 248-726-4603