



Chartwells School Dining Services: Rochester Elementary Schools

Lunch Menu Septemeber 2021

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

A full student lunch meal includes a choice of entrée supplying protein and grain, 3/4 cup vegetable side dishes, 1/2 cup fruit side dish, and milk.

Milk choices include 1% white and 1% chocolate.

A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. We also offer at least one hot vegetable daily on our serving line.

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hot Dog on Bun Vegetarian Baked Beans	2 French Toast with Syrup Turkey Sausage Crispy Tots	3 No School
6 No School Happy Labor Day!	7 Cheese Pizza Sticks with Pizza Dipping Sauce Seasoned Green Beans	8 Homemade Mac and Cheese Seasoned Cauliflower	9 Pancakes with Syrup Egg and Cheese Omelet Hash Brown Patty	10 Homemade Cheese Pizza Seasoned Corn
13 Boscoss with Pizza Dipping Sauce Seasoned Carrots Prize with Lunch!	14 French Bread Pizza Seasoned Broccoli	15 Turkey Corn Dog Seasoned Corn	16 Waffles with Syrup Scrambled Eggs Crispy Tots	17 Homemade Cheese Pizza Seasoned Peas
20 Cheese Quesadilla with Salsa Seasoned Black Beans	21 Chicken Nuggets with Breadstick Seasoned Corn	22 Cheese Lasagna Roll Up Seasoned Green Beans	23 French Toast with Syrup Turkey Sausage Hash Brown Patty	24 Homemade Cheese Pizza Seasoned Carrots
27 Cheeseburger Sweet Potato Puffs	28 Grilled Cheese Sandwich Seasoned Cauliflower	29 Hot Dog on Bun Vegetarian Baked Beans	30 Pancakes with Syrup Egg and Cheese Omelet Crispy Tots	
Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
B. Muffin Fun Lunch	B. Nacho Fun Lunch	B. Cereal Fun Lunch	B. Strawberry Parfait with Homemade Granola	B. Sunbutter & Jelly Sandwich with String Cheese

Go to 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



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

This Month's Fruit and Vegetable Bar Featured Selections: Fresh Apples and Fresh Oranges Available Every Day

Monday	Tuesday	Wednesday	Thursday	Friday
September 1st-September 3rd				
		Fresh Baby Carrots	Watermelon Cubes	
		Broccoli Florets	Cherry Tomatoes	
		Fresh Pear	Orange Juice	
September 6th-September 10th				
	Cucumber Coins	Zucchini Strips	Watermelon Cubes	Dark Green Tossed Salad
	Celery Sticks	Citrus Kidney Bean Salad	Fresh Baby Carrots	Cherry Tomatoes
	Chilled Applesauce	Chilled Peaches	Apple Juice	Fresh Pear
September 13th-September 17th				
Chilled Power Peas	Cherry Tomatoes	Broccoli Florets	Watermelon Cubes	Cherry Tomatoes
Fresh Baby Carrots	Three Bean Salad	Cucumber Coins	Fresh Baby Carrots	Dark Green Tossed Salad
Dried Cranberries	Fresh Pear	Chilled Peaches	Grape Juice	Fresh Pear
September 20th-September 24th				
Chilled Power Peas	Zucchini Strips	Celery Sticks	Red Pepper Strips	Cherry Tomatoes
Fresh Cinnamon Apple Slices	Cucumber Coins	Broccoli Florets	Watermelon Cubes	Dark Green Sald
Cucumber Coins	Raisins	Fresh Pear	Orange Juice	Fresh Banana
September 27th-September 30th				
Zucchini Strips	Chilled Power Peas	Celery Sticks	Watermelon Cubes	
Red Pepper Strips	Fresh Baby Carrots	Broccoli Florets	Fresh Baby Carrots	
Cinnamon Banana	Dried Cranberries	Chilled Mixed Fruit	Apple Juice	