



Chartwells School Dining Services: Rochester Elementary Schools

Breakfast Menu October 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 Apple Cinnamon Texas Toast Cupped Fruit
4 WG Bagel with Cream Cheese Cupped Fruit 100% Fruit Juice	5 Mini French Toast with Syrup Fresh Fruit 100% Fruit Juice	6 BenefIT Bar Cupped Fruit 100% Fruit Juice	7 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	8 No School
11 No School	12 Mini Pancakes with Syrup Fresh Fruit 100% Fruit Juice	13 BenefIT Bar Cupped Fruit 100% Fruit Juice	14 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	15 Apple Cinnamon Texas Toast Cupped Fruit 100% Fruit Juice
18 WG Bagel with Cream Cheese Cupped Fruit 100% Fruit Juice	19 Mini Waffles with Syrup Fresh Fruit 100% Fruit Juice	20 BenefIT Bar Cupped Fruit 100% Fruit Juice	21 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	22 Apple Cinnamon Texas Toast Cupped Fruit 100% Fruit Juice
25 WG Stuffed Cinnamon Cream Cheese Bagel Cupped Fruit 100% Fruit Juice	26 Mini French Toast with Syrup Fresh Fruit 100% Fruit Juice	27 BenefIT Bar Cupped Fruit 100% Fruit Juice	28 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	29 Apple Cinnamon Texas Toast Cupped Fruit 100% Fruit Juice

Go to [MyPlate.gov](https://www.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