



Chartwells School Dining Services: Rochester Elementary Schools

Breakfast Menu November 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 WG Bagel with Cream Cheese Chilled Fruit 100% Fruit Juice	2 No School	3 BeneFIT Bar Chilled Fruit 100% Fruit Juice	4 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	5 Mini Pancakes with Syrup Chilled Fruit 100% Fruit Juice
8 WG Stuffed Cinnamon Cream Cheese Bagel Chilled Fruit 100% Fruit Juice	9 Breakfast Pizza with Turkey Sausage Fresh Fruit 100% Fruit Juice	10 BeneFIT Bar Chilled Fruit 100% Fruit Juice	11 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	12 Mini Waffles with Syrup Chilled Fruit 100% Fruit Juice
15 WG Bagel with Cream Cheese Chilled Fruit 100% Fruit Juice	16 Breakfast Pizza with Turkey Sausage Fresh Fruit 100% Fruit Juice	17 BeneFIT Bar Chilled Fruit 100% Fruit Juice	18 Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	19 Mini French Toast with Syrup Chilled Fruit 100% Fruit Juice
22 WG Stuffed Cinnamon Cream Cheese Bagel Chilled Fruit 100% Fruit Juice	23 Breakfast Pizza with Turkey Sausage Fresh Fruit 100% Fruit Juice	24 No School	25 No School	26 No School
29 WG Bagel with Cream Cheese Chilled 100% Fruit Juice	30 Breakfast Pizza with Turkey Sausage Fresh 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