



## Chartwells School Dining Services: Rochester Elementary Schools

### Breakfast Menu January 2022

**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
<b>3</b> WG Bagel with Cream Cheese Chilled Fruit 100% Fruit Juice	<b>4</b> Breakfast Pizza with Turkey Sausage Fresh Fruit 100% Fruit Juice	<b>5</b> BeneFIT Bar Chilled Fruit 100% Fruit Juice	<b>6</b> Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	<b>7</b> Mini Pancakes with Syrup Chilled Fruit 100% Fruit Juice
<b>10</b> WG Stuffed Cinnamon Cream Cheese Bagel Chilled Fruit 100% Fruit Juice	<b>11</b> Breakfast Pizza with Turkey Sausage Fresh Fruit 100% Fruit Juice	<b>12</b> BeneFIT Bar Chilled Fruit 100% Fruit Juice	<b>13</b> Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	<b>14</b> Mini Waffles with Syrup Chilled Fruit 100% Fruit Juice
<b>17</b> No School	<b>18</b> Breakfast Pizza with Turkey Sausage Fresh Fruit 100% Fruit Juice	<b>19</b> BeneFIT Bar Chilled Fruit 100% Fruit Juice	<b>20</b> Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	<b>21</b> Mini French Toast with Syrup Chilled Fruit 100% Fruit Juice
<b>24</b> WG Stuffed Cinnamon Cream Cheese Bagel Chilled Fruit 100% Fruit Juice	<b>25</b> Breakfast Pizza with Turkey Sausage Fresh Fruit 100% Fruit Juice	<b>26</b> BeneFIT Bar Chilled Fruit 100% Fruit Juice	<b>27</b> Breakfast Cereal with Cinnamon Goldfish Cracker Fresh Fruit 100% Fruit Juice	<b>28</b> Mini Pancakes with Syrup Chilled Fruit 100% Fruit Juice
<b>31</b> WG Bagel with Cream Cheese Chilled 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 at 248-726-4650 or

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

