



Chartwells School Dining Services: Rochester Elementary Schools

Lunch Menu January 2022

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
3 Cheese Quesadilla with Salsa Seasoned Corn	4 Cheese Pizza Sticks with Pizza Dipping Sauce Seasoned Broccoli	5 Hot Dog on Bun Vegetarian Baked Beans	6 Pancakes with Syrup Egg and Cheese Omelet Crispy Tater Tots	7 Classic Cheese Pizza Seasoned Carrots
10 Boscus with Pizza Dipping Sauce Seasoned Green Beans	11 French Bread Pizza Seasoned Carrots	12 Homemade Mac and Cheese with Fluffy Breadstick Seasoned Cauliflower	13 Waffles with Syrup Scrambled Eggs Hash Brown Patty	14 1/2 Day of School No Lunch Service
17 No School	18 Chicken Nuggets with Fluffy Breadstick Seasoned Corn	19 Turkey Corn Dog Vegetarian Baked Beans Prize with Lunch!	20 Pancakes with Syrup Turkey Sausage Crispy Tater Tots	21 Classic Cheese Pizza Seasoned Green Beans
24 Rotini with Meatballs and Marinara Sauce Seasoned Broccoli	25 Grilled Cheese Sandwich Seasoned Cauliflower	26 Cheese Lasagna Roll with Fluffy Breadstick Seasoned Green Beans	27 Waffles with Syrup Egg and Cheese Omelet Hash Brown Patty	28 Classic Cheese Pizza Seasoned Carrots
31 Cheeseburger Sweet Potato Puffs				
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 Yogurt Parfait with Homemade Granola	B. Sunbutter & Jelly Sandwich with String Cheese

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



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
January 3rd-January 7th				
Craisins	Chilled Pears	Raisins	Fresh Apple	Dark Green Tossed Salad
Chilled Mixed Fruit	Fresh Apple	Chilled Power Peas	Grape Juice	Red Pepper Strips
Zucchini Strips	Cucumber Coins	Orange Wedges	Fresh Baby Carrots	Fresh Banana
January 10th-January 14th				
Chilled Power Peas	Cucumber Coins	Cherry Tomatoes	Fresh Apple	Cherry Tomatoes
Fresh Baby Carrots	Celery Sticks	Citrus Kidney Bean Salad	Fresh Baby Carrots	Dark Green Salad
Cinnamon Bananas	Chilled Applesauce	Chilled Peaches	Apple Juice	Craisins
January 17th-January 21st				
Green Pepper Strips	Cherry Tomatoes	Celery Sticks	Fresh Apple	Dark Green Salad
Cherry Tomatoes	Cucumber Coins	Cherry Tomatoes	Fresh Baby Carrots	Broccoli Florets
Chilled Applesauce	Chilled Pears	Chilled Peaches	Orange Juice	Chilled Mixed Fruit
January 24th-January 28th				
Celery Sticks	Cucumber Coins	Three Bean Salad	Fresh Apple	Dark Green Salad
Red Pepper Strips	Chilled Power Peas	Raisins	Fresh Baby Carrots	Cherry Tomatoes
Chilled Peaches	Chilled Pears	Orange Wedges	Grape Juice	Chilled Mixed Fruit
January 31st				
Celery Sticks				
Craisins				
Fresh Baby Carrots				