



Chartwells School Dining Services: Rochester Elementary Schools

Lunch Menu May 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
2 Cheeseburger on Bun Sweet Potato Puffs	3 Grilled Cheese Sandwich Seasoned Cauliflower	4 Hot Dog on Bun Vegetarian Baked Beans	5 Pancakes with Syrup Turkey Sausage Crispy Tater Tots	6 No School
9 Boscoss with Pizza Dipping Sauce Seasoned Green Beans	10 Chicken Nuggets with Fluffy Breadstick Seasoned Carrots	11 Homemade Mac and Cheese with Fluffy Breadstick Seasoned Cauliflower	12 Waffles with Syrup Scrambled Eggs Hash Brown Patty	13 Classic Cheese Pizza Seasoned Peas
16 Chicken Parmesan with Rotini Seasoned Broccoli	17 French Bread Pizza Seasoned Corn	18 Turkey Corn Dog Vegetarian Baked Beans Prize with Lunch!	19 Pancakes with Syrup Turkey Sausage Crispy Tater Tots	20 Classic Cheese Pizza Sweet Potato Puffs
23 Cheese Quesadilla with Salsa Seasoned Corn	24 Popcorn Chicken with Fluffy Breadstick Seasoned Peas	25 Cheese Lasagna Roll with Fluffy Breadstick Seasoned Green Beans	26 Waffles with Syrup Egg and Cheese Omelet Hash Brown Patty	27 Classic Cheese Pizza Seasoned Carrots
30 No School	31 Grilled Cheese Sandwich Seasoned Cauliflower			
Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):				
Mondays B. Muffin Fun Lunch	Tuesdays B. Nacho Fun Lunch	Wednesdays B. Cereal Fun Lunch	Thursdays B. Strawberry Yogurt Parfait with Homemade Granola	Fridays B. Sunbutter & Jelly Sandwich with String Cheese

Questions? Call: Food Service Director Marsha Dziewit 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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
May 2nd-May 6th				
Green Pepper Strips	Celery Sticks	Celery Sticks	Fresh Apple	
Cucumber Coins	Red Pepper Strips	Chilled Power Peas	Baby Carrots	
Chilled Applesauce	Chilled Pears	Chilled Peaches	Grape Juice	
May 9th-May 13th				
Chilled Power Peas	Cucumber Coins	Cherry Tomatoes	Fresh Apple	Cherry Tomatoes
Fresh Baby Carrots	Craisins	Citrus Kidney Bean Salad	Fresh Baby Carrots	Dark Green Salad
Chilled Applesauce	Chilled Pears	Chilled Peaches	Apple Juice	Fresh Banana
May 16th-May 20th				
Green Pepper Strips	Baby Carrots	Celery Sticks	Fresh Apple	Dark Green Salad
Cherry Tomatoes	Cucumber Coins	Red Pepper Strips	Fresh Baby Carrots	Cherry Tomatoes
Cinnamon Bananas	Chilled Applesauce	Chilled Peaches	Orange Juice	Fresh Banana
May 23rd-May 27th				
Green Pepper Strips	Fresh Baby Carrots	Three Bean Salad	Fresh Apple	Dark Green Salad
Celery Sticks	Cucumber Coins	Raisins	Fresh Baby Carrots	Cherry Tomatoes
Cinnamon Bananas	Chilled Pears	Orange Wedges	Grape Juice	Chilled Mixed Fruit
May 30th-May 31st				
	Celery Sticks			
	Red Pepper Strips			
	Chilled Pears			