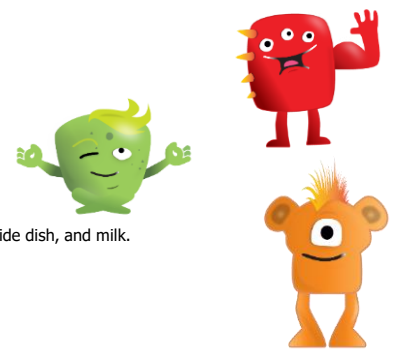




MOOD BOOST



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu October 2022 Student lunch \$3.00 Reduced price \$.40 Adult Milk Only: \$.50

A full student lunch 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.



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Alfredo on Penne Pasta WG Fluffy Breadstick Seasoned Broccoli Fruit & Veggie Bar	4 WG Grilled Cheese Sandwich Seasoned Cauliflower Fruit & Veggie Bar	5 WG Popcorn Chicken Bites with Fluffy Breadstick Mashed Potatoes and Gravy Seasoned Corn Fruit & Veggie Bar	6 WG Pancakes With Syrup Egg and Cheese Omelet Hash Brown Patty Fruit & Veggie Bar	7 No School
10 No School	11 Turkey Nachos with Homemade Queso WG Tostito Scoops Seasoned Pinto Beans Fruit & Veggie Bar	12 WG French Bread Pizza Seasoned Carrots Lucky Tray Day! Fruit & Veggie Bar	13 Waffles with Syrup Scrambled Eggs MI Apple Crunch Day! Crispy Tater Tots Fruit & Veggie Bar	14 WG Classic Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar
17 WG Cheese Quesadilla with Salsa Prize with Lunch Purchase! Seasoned Corn Fruit & Veggie Bar	18 Homemade Mac and Cheese with WG Fluffy Breadstick Seasoned Cauliflower Fruit & Veggie Bar	19 WG Popcorn Chicken Bites with Sweet and Sour WG Lucky Fried Rice Roasted Carrot Coins Fruit & Veggie Bar	20 WG Pancakes with Syrup Turkey Sausage Hash Brown Patty Fruit & Veggie Bar	21 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
24 WG Lasagna Roll Up with Marinara Sauce & WG Fluffy Breadstick Seasoned Broccoli Fruit & Veggie Bar	25 WG Beef Pepperoni Calzone with Pizza Dipping Sauce Seasoned Green Beans Fruit & Veggie Bar	26 Beef Hot Dog on WG Bun Vegetarian Baked Beans Fruit & Veggie Bar	27 Waffles with Syrup Egg and Cheese Omelet Crispy Tater Tots Fruit & Veggie Bar	28 WG Classic Cheese Pizza Seasoned Carrots Fruit & Veggie Bar
31 Chicken Alfredo on Penne Pasta WG Fluffy Breadstick Seasoned Broccoli Fruit & Veggie Bar				
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. Cereal Fun Lunch	B. Strawberry Parfait with Homemade Granola	B. WG Nacho Fun Lunch	B. Garden Cheese Salad with WG Breadstick	B. Soybutter and Jelly Sandwich
C. WG Bosco Cheese Sticks w/ Pizza Sauce	C. WG Chicken Nuggets with WG Breadstick	C. Cheeseburger on WG Bun	C. WG Corn Dog	C. WG Chicken Patty on a WG Bun

A student must select 1/2 cup of fruit or vegetable to make a complete meal or a la carte pricing is applied.

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

This institution is an equal opportunity employer.



This month's food focus is: Seed to Table: Food for energy
Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.



Alert



Calm



Confident



Smart



Strong

Meet the Moodies!



Happy

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

Monday	Tuesday	Wednesday	Thursday	Friday
October 3rd-October 7th				
Chilled Pineapple	Rosy Applesauce	Celery sticks	Broccoli Ranch Salad	
Raisins	Red Pepper Strips	Broccoli Florets	Fresh Baby Carrots	
Cucumber Coins	Fresh Baby carrots	Citrus Kidney Bean Salad	Grape Juice	
Fresh Apple	Orange Wedges	Chilled Mixed Fruit	Chilled Peaches	
October 10th-October 14th				
	Chilled Pineapple	Celery sticks	Red Pepper Strips	Dark Green Tossed Salad
	Dried Cranberries	Cucumber Coins	Fresh Baby Carrots	Cherry Tomatoes
	Green Pepper Strips	Orange Wedges	Orange Juice	Cinnamon Applesauce
	Salsa	Raisins	Chilled Peaches	Chilled Mixed Fruit
October 17th-October 21st				
Cucumber Coins	Fresh Baby carrots	Broccoli Florets	Broccoli Salad with Raisins	Cherry Tomatoes
Dried Cranberries	Rosy Applesauce	Chilled Pineapple	Fresh Baby Carrots	Dark Green Tossed Salad
Chilled Peaches	Raisins	Citrus Kidney Bean Salad	Apple Juice	Fresh Banana
Celery Sticks	Orange Wedges	Celery sticks	Chilled Peaches	Chilled Pears
October 24th-October 28th				
Chilled Mixed Fruit	Marinated Cucumbers	Celery sticks	Red Pepper Strips	Cherry Tomatoes
Chilled Power Peas	Chilled Pineapple	Rosy Applesauce	Fresh Baby Carrots	Dark Green Tossed Salad
Cinnamon Bananas	Fresh Apple	Green Pepper Strips	Grape Juice	Chilled Peaches
Cucumber Coins	Fresh Baby carrots	Chilled Pears	Chilled Pears	Chilled Mixed Fruit
October 31st				
Chilled Pineapple				
Raisins				
Cucumber Coins				
Fresh Apple				