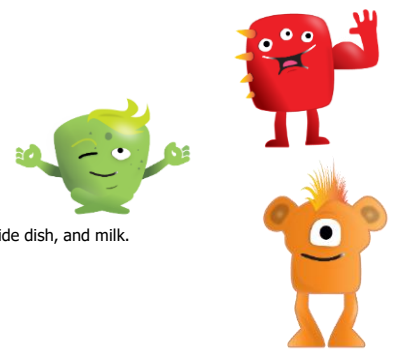




MOOD BOOST



Chartwells School Dining Services: Rochester Elementary Schools

Lunch Menu March 2023

Student lunch \$3.00 Reduced price \$.40 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
		1 Popcorn Chicken Bites with Fluffy Bread Stick Mashed Potatoes with Gravy Seasoned Corn Fruit & Veggie Bar	2 WG Pancakes with Syrup Egg & Cheese Omelet Potato Wedges Read Across America Day! Fruit & Veggie Bar	3 1/2 Day of School No Lunch Service
6 Cheese Lasagna Roll Up with Marinara Sauce Fluffy Breadstick Seasoned Green Beans Fruit & Veggie Bar	7 Build Your Own Taco with Black Beans or Beef with Shredded Cheddar on WG Tortillas Plant Power Day! Seasoned Corn Fruit & Veggie Bar	8 WG French Bread Pizza Seasoned Carrots Homemade Apple Crisp Fruit & Veggie Bar	9 Waffles with Syrup Turkey Sausage Crispy Tater Tots Fruit & Veggie Bar	10 WG Classic Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar
13 Classic Italian Meat Sauce (Beef) on Rotini Pasta Seasoned Broccoli Prize with Lunch Purchase! Fruit & Veggie Bar	14 WG Cheese Quesadilla Seasoned Pinto Beans Fruit & Veggie Bar	15 WG Popcorn Chicken Bites with Sweet and Sour WG Lucky Fried Rice Roasted Carrot Coins Fruit & Veggie Bar	16 WG French Toast Sticks with Syrup Scrambled Eggs Potato Wedges Fruit & Veggie Bar	17 WG Classic Cheese Pizza Seasoned Green Beans Happy St. Patrick's Day! Fruit & Veggie Bar
20 Beef Sloppy Joe on WG Bun Potato Smiles Lucky Tray Day! First Day of Spring! Fruit & Veggie Bar	21 Homemade Queso with Turkey Taco Meat or Black Beans with Tostitos Seasoned Corn Fruit & Veggie Bar	22 Beef Hot Dog on WG Bun Vegetarian Baked Beans Homemade Apple Crisp Fruit & Veggie Bar	23 WG Pancakes with Syrup Egg and Cheese Omelet Crispy Tater Tots Fruit & Veggie Bar	24 1/2 Day of School No Lunch Service
27 No School	28 No School	29 No School	30 No School	31 No School

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. Turkey Ham and Cheese Sandwich on WG Bun	B. Cereal Fun Lunch	B. Turkey Ham and Cheese Sandwich on WG Bun	B. Cereal Fun Lunch
C. WG Bosco Cheese Sticks w/ Pizza Sauce	C. WG Chicken Nuggets with Fluffy Breadstick	C. Cheeseburger on WG Bun	C. WG Turkey Corn Dog Nuggets	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.



plant power



This month's food focus is: Plant Power
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
March 1st-March 3rd				
		Red Pepper Strips	Grape Juice	
		Chilled Mixed Fruit	Chilled Peaches	
		Celery Sticks	Fresh Baby Carrots	
		Fresh Apple	Broccoli Florets	
March 6th-March 10th				
Fresh Baby Carrots	Chilled Pineapple	Fresh Baby Carrots	Broccoli Florets	Chilled Mixed Fruit
Cinnamon Bananas	Craisins	Chilled Power Peas	Red Pepper Strips	Cinnamon Applesauce
Cucumber Coins	Salsa	Orange Wedges	Orange Juice	Broccoli Salad with Raisins
Chilled Pears	Celery Sticks	Raisins	Chilled Peaches	Grape Tomatoes
March 13th-March 17th				
Chilled Pears	Salsa	Chilled Pineapple	Broccoli Florets	Cherry Tomatoes
Craisins	Rosy Applesauce	Green Pepper Strips	Apple Juice	Chilled Pears
Cucumber Coins	Raisins	Fresh Orange Wedges	Chilled Power Peas	Ranch Broccoli Salad
Red Pepper Strips	Celery Sticks	Fresh Baby Carrots	Chilled Peaches	Fresh Banana
March 20th-March 24th				
Cinnamon Bananas	Salsa	Chilled Pears	Grape Juice	
Chilled Mixed Fruit	Craisins	Green Pepper Strips	Chilled Peaches	
Chilled Power Peas	Chilled Pineapple	Rosy Applesauce	Broccoli Florets	
Cucumber Coins	Fresh Baby Carrots	Fresh Orange Wedges	Red Pepper Strips	
March 27th-March 31st				