



MOOD BOOST



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu November 2023

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 WG Boneless Chicken Wings with Fluffy Bread Stick <i>Buffalo Ranch Sauce Available on the side</i> Potato Smiles Fruit & Veggie Bar	2 Classic Italian Meat Sauce (Beef) Seasoned Rotini Seasoned Broccoli Fruit & Veggie Bar	3 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
6 WG Pancakes with Syrup Scrambled Eggs Fruit & Veggie Bar	7 No School	8 Hot Dog (Beef) on WG Bun Potato Wedges Fruit & Veggie Bar	9 Homemade Mac and Cheese with Fluffy Bread Stick Seasoned Cauliflower Fruit & Veggie Bar	10 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
13 Waffles with Syrup Turkey Sausage Fruit & Veggie Bar	14 Walking Taco (Beef) with Doritos Seasoned Pinto Beans Fruit & Veggie Bar	15 WG Popcorn Chicken Bites with Mashed Potatoes & Gravy Fluffy Bread Stick Seasoned Corn Fruit & Veggie Bar	16 WG Grilled Cheese Sandwich Seasoned Carrots Fruit & Veggie Bar	17 1/2 Day No Lunch Service
20 WG Pancakes with Syrup Scrambled Eggs Fruit & Veggie Bar	21 Build Your Own Taco (Beef) with shredded cheddar Seasoned Black Beans Fruit & Veggie Bar	22 No School	23 No School	24 No School
27 Waffles with Syrup Turkey Sausage Fruit & Veggie Bar	28 Nachos with Queso Blanco and Taco Meat (Turkey) Seasoned Pinto Beans Fruit & Veggie Bar	29 WG Boneless Chicken Wings with Fluffy Bread Stick Buffalo Ranch Sauce Available on the side Potato Smiles Fruit & Veggie Bar	30 Classic Italian Meat Sauce (Beef) Seasoned Rotini 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 B. Soy Butter Sandwich Fun Lunch: WG Soy Butter Sandwich, WG Cinnamon Goldfish Cracker, String Cheese C. WG Bosco Cheese Sticks w/ Pizza Sauce	Tuesdays B. Bagel Fun Lunch: Bagel, String Cheese, Yogurt Cup C. WG Chicken Nuggets w/ WG Breadstick	Wednesdays B. Soy Butter Sandwich Fun Lunch: WG Soy Butter Sandwich, WG Cinnamon Goldfish Cracker, String Cheese C. Cheeseburger on WG Bun	Thursdays B. Bagel Fun Lunch: Bagel, String Cheese, Yogurt Cup C. WG Turkey Corn Dog Nuggets	Fridays B. Cereal Fun Lunch: WG Cereal, Yogurt Cup, WG Crackers & String Cheese C. WG Classic Pepperoni (Turkey & Beef) Pizza

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

Asst. Food Service Directors: Tamara Brazelton and Marci Flaherty

Questions? Contact Food Service Office: 248-726-4602

This institution is an equal opportunity employer.



This month's food focus is: Let's Get Cooking
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
November 1st-November 3				
		Chilled Pineapple	Tossed Romaine Salad	Fresh Banana
		Chilled Mandarin Oranges	Chilled Peaches	Fresh Cut Seasonal Fruit
		Red Pepper Strips	Cucumber Coins	Tossed Romaine Salad
		Celery Sticks	Craisins	Fresh Baby Carrots
November 6th-November 10th				
Broccoli Florets		Chilled Pears	Tossed Romaine Salad	Fresh Cut Seasonal Fruit
Grape Juice		Red Pepper Strips	Chilled Pineapple	Chilled Mixed Fruit
Cinnamon Bananas		Chilled Applesauce	Chilled Peaches	Green Pepper Strips
Craisins		Green Pepper Strips	Cucumber Coins	Tossed Romaine Salad
November 13th-November 17th				
Orange Juice	Chilled Rosy Applesauce	Chilled Mixed Fruit	Tossed Romaine Salad	
Broccoli Florets	Salsa	Red Pepper Strips	Chilled Peaches	
Craisins	Raisins	Chilled Mandarin Oranges	Cucumber Coins	
Grape Tomatoes	Celery Sticks	Fresh Baby Carrots	Chilled Pineapple	
November 20th-November 24th				
Apple Juice	Salsa			
Craisins	Fresh Orange Wedges			
Broccoli Florets	Red Pepper Strips			
Grape Tomatoes	Chilled Peaches			
November 27th-November 30th				
Orange Juice	Fresh Baby Carrots	Chilled Pineapple	Tossed Romaine Salad	
Craisins	Chilled Applesauce	Chilled Mandarin Oranges	Chilled Peaches	
Broccoli Florets	Raisins	Red Pepper Strips	Cucumber Coins	
Grape Tomatoes	Salsa	Celery Sticks	Craisins	