



MOOD BOOST

Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu December 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 Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
4 No School	5 WG Totally Taco Pizza (Beef) Seasoned Black Beans Fruit & Veggie Bar	6 Hot Dog (Beef) on WG Bun Potato Wedges Fruit & Veggie Bar	7 Homemade Mac and Cheese with Fluffy Bread Stick Seasoned Cauliflower Fruit & Veggie Bar	8 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
11 Waffles with Syrup Turkey Sausage Fruit & Veggie Bar	12 Walking Taco (Beef) with Doritos Seasoned Pinto Beans Fruit & Veggie Bar	13 WG Popcorn Chicken Bites with Mashed Potatoes & Gravy Fluffy Bread Stick Seasoned Corn Fruit & Veggie Bar	14 WG Grilled Cheese Sandwich <i>December is National Pear Month!</i> Seasoned Carrots Fruit & Veggie Bar	15 Wg Classic Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar
18 WG Pancakes with Syrup Scrambled Eggs <i>Celebrate National Maple Syrup Day!</i> Fruit & Veggie Bar	19 Build Your Own Taco (Beef) with shredded cheddar Seasoned Black Beans Fruit & Veggie Bar	20 WG Pizza Crunchers with Dipping Sauce Crispy Tater Tots Fruit & Veggie Bar	21 WG Popcorn Chicken Lucky Fried Rice Roasted Carrot Coins WG Fortune Cookie Fruit & Veggie Bar	22 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
25 No School	26 No School	27 No School	28 No School	29 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. Soy Butter Sandwich Fun Lunch: WG Soy Butter Sandwich, WG Cinnamon Goldfish Cracker, String Cheese C. WG Bosco Cheese Sticks w/ Pizza Sauce	B. Bagel Fun Lunch: Bagel, String Cheese, Yogurt Cup C. WG Chicken Nuggets w/ WG Breadstick	B. Soy Butter Sandwich Fun Lunch: WG Soy Butter Sandwich, WG Cinnamon Goldfish Cracker, String Cheese C. Cheeseburger on WG Bun	B. Bagel Fun Lunch: Bagel, String Cheese, Yogurt Cup C. WG Turkey Corn Dog Nuggets	B. Cereal Fun Lunch: WG Cereal, Yogurt Cup, WG Crackers & String Cheese C. WG Chicken Patty on 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

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: Spice It Up
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
December 1st				
				Fresh Banana
				Fresh Cut Seasonal Fruit
				Tossed Romaine Salad
				Fresh Baby Carrots
December 4th-December 8th				
	Chilled Peaches	Chilled Mandarin Oranges	Tossed Romaine Salad	Fresh Cut Seasonal Fruit
	Fresh Apple	Red Pepper Strips	Chilled Pineapple	Chilled Mixed Fruit
	Chilled Peas	Chilled Applesauce	<i>Fresh Pears</i>	Green Pepper Strips
	Salsa	Green Pepper Strips	Cucumber Coins	Tossed Romaine Salad
December 11th-December 15th				
Orange Juice	Chilled Rosy Applesauce	Chilled Mixed Fruit	Tossed Romaine Salad	Fresh Cut Seasonal Fruit
Broccoli Florets	Salsa	Red Pepper Strips	<i>Fresh Pears</i>	Red Pepper Strips
Craisins	Raisins	Chilled Mandarin Oranges	Cucumber Coins	Fresh Banana
Grape Tomatoes	Celery Sticks	Fresh Baby Carrots	Chilled Pineapple	Tossed Romaine Salad
December 18th-December 22nd				
Apple Juice	Salsa	<i>Craisins</i>	Chilled Peaches	Cucumber Coins
Cinnamon Bananas	Fresh Orange Wedges	Chilled Mandarin Oranges	Chilled Green Peas	Fresh Cut Seasonal Fruit
Broccoli Florets	Red Pepper Strips	Green Pepper Strips	Chilled Pineapple	Tossed Romaine Salad
Grape Tomatoes	Chilled Peaches	Fresh Baby Carrots	Tossed Romaine Salad	Chilled Cinnamon Applesauce
December 25th-December 29th				