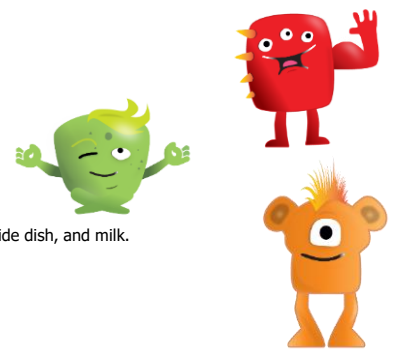




MOOD BOOST

Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu February 2024



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 Chicken Meatballs with Marinara Sauce on Rotini Seasoned Broccoli Fruit & Veggie Bar	2 WG Classic Cheese Pizza Seasoned Peas Ground Hog's Day! Fruit & Veggie Bar
5 WG Pancakes with Syrup Scrambled Eggs Fruit & Veggie Bar	6 WG Cheese Quesadilla Seasoned Black Beans Fruit & Veggie Bar	7 WG French Bread Pizza Seasoned Potato Wedges Fruit & Veggie Bar	8 WG Popcorn Chicken w/ Sweet & Sour & Fried Rice Roasted Carrot Coins WG Fortune Cooke Fruit & Veggie Bar	9 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
12 Waffles with Syrup Turkey Sausage Fruit % Veggie Bar	13 Walking Taco (Beef) with Doritos Seasoned Pinto Beans Fruit & Veggie Bar	14 WG Boneless Chicken Wings Buffalo Ranch on side Fluffy Breadstick Potato Smiles & Veggie Bar Fruit Happy Valentine's Day!	15 WG Grilled Cheese Sandwich* Seasoned Broccoli Fruit & Veggie Bar	16 WG Classic Cheese Pizza Seasoned Cauliflower Fruit & Veggie Bar
19 No School	20 No School	21 WG Pizza Crunchers with Dipping Sauce Crispy Tater Tots Fruit & Veggie Bar	22 Homemade Mac and Cheese with Fluffy Breadstick Seasoned Cauliflower Fruit & Veggie Bar	23 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
26 Waffles with Syrup Turkey Sausage Fruit & Veggie Bar	27 No School	28 WG Popcorn Chicken Bites with Baked Potato & Gravy Fluffy Breadstick Seasoned Corn Fruit & Veggie Bar	29 Chicken Meatballs with Marinara Sauce on 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	Tuesdays	Wednesdays	Thursdays	Fridays
B. Cereal Fun Lunch: WG Cereal, Yogurt Cup, WG Crackers & String Cheese	B. Yogurt Parfait with Strawberries & WG Granola	B. Cereal Fun Lunch: WG Cereal, Yogurt Cup, WG Crackers & String Cheese	B. Yogurt Parfait with Strawberries & WG Granola	B. Cereal Fun Lunch: WG Cereal, Yogurt Cup, WG Crackers & String Cheese
C. WG Chicken Nuggets with WG Breadstick	C. Hot Dog (Beef) on WG Bun*	C. Grilled Chicken Sandwich on WG Bun*	C. Cheeseburger on WG Bun*	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:

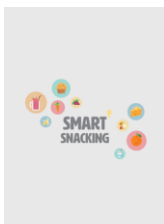
Food Service Director: Marsha Dziewit

Asst. Food Service Directors: Tamara Brazelton and Marci Flaherty

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

This institution is an equal opportunity employer.

*Hamburger Buns, Hot Dog Buns, and Sliced Bread Contain Wheat, Soy, & Sesame



This month's food focus is: Smart Snacking
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
February 1st-February 2nd				
			Tossed Romaine Salad	Tossed Romaine Salad
			Chilled Peaches	Fresh Cut Seasonal Fruit
			Craisins	Fresh Banana
			Cucumber Coins	Sugar Snap Peas
February 5th-February 9th				
Grape Juice	Chilled Peaches	Chilled Mandarin Oranges	Tossed Romaine Salad	Fresh Cut Seasonal Fruit
Craisins	Fresh Orange Wedges	Raisins	Chilled Pineapple	Chilled Mixed Fruit
Chilled Mixed Fruit	Chilled Peas	Fresh Baby Carrots	Chilled Peaches	Sugar Snap Peas
Fresh Baby Carrots	Salsa	Fresh Apple	Broccoli Florets	Tossed Romaine Salad
February 12th-February 16th				
Craisins	Chilled Rosy Applesauce	Chilled Mixed Fruit	Tossed Romaine Salad	Fresh Cut Seasonal Fruit
Orange Juice	Salsa	Red Pepper Strips	Chilled Peaches	Sugar Snap Peas
Grape Tomatoes	Raisins	Chilled Mandarin Oranges	Cucumber Coins	Fresh Banana
Broccoli Florets	Celery Sticks	Broccoli Florets	Chilled Pineapple	Tossed Romaine Salad
February 19th-February 23rd				
		<i>Craisins</i>	Chilled Peaches	Cucumber Coins
		Chilled Mandarin Oranges	Chilled Green Peas	Fresh Cut Seasonal Fruit
		Green Pepper Strips	Chilled Pineapple	Tossed Romaine Salad
		Fresh Baby Carrots	Tossed Romaine Salad	Chilled Cinnamon Applesauce
February 26th-February 29th				
Orange Juice		Chilled Pineapple	Tossed Romaine Salad	
Craisins		Cinnamon Applesauce	Chilled Peaches	
Broccoli Florets		Red Pepper Strips	Craisins	
Grape Tomatoes		Fresh Baby Carrots	Cucumber Coins	