



MOOD BOOST



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu September 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
2 No School	3 WG Cheese Quesadilla Seasoned Black Beans Fruit & Veggie Bar	4 WG Breaded Chicken Drumstick Fluffy Breadstick Vegetarian Baked Beans Fruit & Veggie Bar	5 WG Popcorn Chicken w/ Sweet & Sour Sauce & Fried Rice Roasted Carrot Coins WG Fortune Cookie Fruit & Veggie Bar	6 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
9 Waffles with Syrup Turkey Sausage Seasoned Potato Wedges Fruit & Veggie Bar	10 Walking Taco (Beef) with Doritos Seasoned Pinto Beans Fruit & Veggie Bar	11 WG Boneless Chicken Wings Buffalo Ranch on Side Fluffy Breadstick Seasoned Corn Fruit & Veggie Bar	12 WG Grilled Cheese Sandwich* Seasoned Broccoli Fruit & Veggie Bar	13 WG Classic Cheese Pizza Seasoned Carrots Fruit & Veggie Bar
16 WG Pancakes with Syrup Scrambled Eggs Crispy Tater Tots Fruit & Veggie Bar	17 Build Your Own Taco (Beef) with Shredded Cheddar Seasoned Black Beans Fruit & Veggie Bar	18 Homemade Mac and Cheese with Fluffy Breadstick Seasoned Cauliflower Fruit & Veggie Bar	19 WG Pizza Crunchers with Dipping Sauce Seasoned Green Beans Fruit & Veggie Bar	20 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
23 Waffles with Syrup Turkey Sausage Emoji Baked Fries Fruit & Veggie Bar	24 Nachos with Queso Blanco and Taco Meat (Turkey) Seasoned Pinto Beans Fruit & Veggie Bar	25 WG Popcorn Chicken with Mashed Potatoes & Gravy Fluffy Breadstick Seasoned Corn Fruit & Veggie Bar	26 Chicken Meatballs with Marinara Sauce on Rotini Seasoned Broccoli Fruit & Veggie Bar	27 No School
30 WG Pancakes with Syrup Scrambled Eggs Seasoned Potato Wedges 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. Turkey, Cheese & Lettuce Wrap on WG Tortilla	B. Yogurt Parfait with Strawberries & WG Granola	B. Turkey, Cheese & Lettuce Wrap on WG Tortilla
C. WG Chicken Nuggets with WG Breadstick	C. Hot Dog (Beef) on WG Bun*	C. WG Boscós with Pizza Dipping Sauce	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? Please call the Food Service Office 248-726-4602

This institution is an equal opportunity employer.

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



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



Meet the Moodies!



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

Monday	Tuesday	Wednesday	Thursday	Friday
September 3rd-September 6th				
	Raisins	Chilled Mandarin Oranges	Tossed Romaine Salad	Chilled Pineapple
	Chilled Peaches	Raisins	Fresh Cut Seasonal Fruit	SideKick (100% Fruit Juice)
	Chilled Peas	Fresh Baby Carrots	Fresh Strawberries	Sugar Snap Peas
	Salsa	Fresh Apple	Broccoli Florets	Tossed Romaine Salad
September 9th-September 13th				
Craisins	Chilled Rosy Applesauce	Chilled Mixed Fruit	Tossed Romaine Salad	Sugar Snap Peas
Orange Juice	Celery Sticks	Red Pepper Strips	Fresh Strawberries	SideKick (100% Fruit Juice)
Grape Tomatoes	Raisins	Chilled Mandarin Oranges	Cucumber Coins	Fresh Banana
Broccoli Florets	Salsa	Broccoli Florets	Fresh Cut Seasonal Fruit	Tossed Romaine Salad
September 16th-September 20th				
Apple Juice	Salsa	Craisins	Fresh Strawberries	Chilled Pineapple
Cinnamon Bananas	Fresh Orange Wedges	Chilled Mandarin Oranges	Chilled Green Peas	SideKick (100% Fruit Juice)
Broccoli Florets	Red Pepper Strips	Green Pepper Strips	Fresh Cut Seasonal Fruit	Cucumber Coins
Grape Tomatoes	Chilled Peaches	Fresh Baby Carrots	Tossed Romaine Salad	Tossed Romaine Salad
September 23rd-September 27th				
Orange Juice	Chilled Applesauce	Red Pepper Strips	Cucumber Coins	
Broccoli Florets	Raisins	Chilled Peaches	Fresh Strawberries	
Craisins	Salsa	Fresh Celery Sticks	Tossed Romaine Salad	
Grape Tomatoes	Fresh Baby Carrots	Chilled Mandarin Oranges	Fresh Cut Seasonal Fruit	
September 30th				
Grape Juice				
Craisins				
Chilled Mixed Fruit				
Fresh Celery Sticks				