



MOOD BOOST



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu October 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 WG Cheese Quesadilla Seasoned Black Beans Fruit & Veggie Bar	2 WG Breaded Chicken Drumstick Fluffy Breadstick Vegetarian Baked Beans Fruit & Veggie Bar	3 WG Popcorn Chicken w/ Sweet & Sour Sauce Lucky Fried Rice Roasted Carrot Coins WG Fortune Cookie Fruit & Veggie Bar	4 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
7 Waffles with Syrup Turkey Sausage Seasoned Potato Wedges Fruit & Veggie Bar	8 Walking Taco (Beef) with Doritos Seasoned Pinto Beans Fruit & Veggie Bar	9 WG Boneless Chicken Wings Buffalo Ranch on Side Fluffy Breadstick Seasoned Corn Fruit & Veggie Bar	10 WG Grilled Cheese Sandwich* Seasoned Broccoli Fruit & Veggie Bar	11 WG Classic Cheese Pizza Seasoned Carrots Fruit & Veggie Bar
14 No School	15 Build Your Own Taco (Beef) with Shredded Cheddar Seasoned Black Beans Fruit & Veggie Bar	16 Homemade Mac and Cheese with Fluffy Breadstick Seasoned Cauliflower Fruit & Veggie Bar	17 WG Pizza Crunchers with Dipping Sauce Seasoned Green Beans Fruit & Veggie Bar	18 WG Classic Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar
21 Waffles with Syrup Turkey Sausage Emoji Baked Fries Fruit & Veggie Bar	22 Nachos with Queso Blanco and Taco Meat (Turkey) Seasoned Pinto Beans Fruit & Veggie Bar	23 WG Popcorn Chicken with Mashed Potatoes & Gravy Fluffy Breadstick Seasoned Corn Fruit & Veggie Bar	24 Chicken Meatballs with Marinara Sauce on Rotini Seasoned Broccoli Fruit & Veggie Bar	25 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
28 WG Pancakes with Syrup Scrambled Eggs Seasoned Potato Wedges Fruit & Veggie Bar	29 WG Cheese Quesadilla Seasoned Black Beans Fruit & Veggie Bar	30 WG Breaded Chicken Drumstick Fluffy Breadstick Vegetarian Baked Beans Fruit & Veggie Bar	31 WG Popcorn Chicken w/ Sweet & Sour Sauce Lucky Fried Rice Roasted Carrot Coins WG Fortune Cookie 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. Turkey, Cheese & Lettuce Wrap on WG Tortilla	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
October 1st-October 4th				
Grape Juice	Raisins	Chilled Mandarin Oranges	Tossed Romaine Salad	Chilled Pineapple
Craisins	Chilled Peaches	Raisins	Fresh Cut Seasonal Fruit	SideKick (100% Fruit Juice)
Chilled Mixed Fruit	Chilled Peas	Fresh Baby Carrots	Broccoli Florets	Sugar Snap Peas
Raspberries with Chocolate & Basil	Raspberries with Chocolate & Basil	Raspberries with Chocolate & Basil	Raspberries with Chocolate & Basil	Raspberries with Chocolate & Basil
October 7th-October 11th				
Craisins	Chilled Rosy Applesauce	Chilled Mixed Fruit	Fresh Cut Seasonal Fruit	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
Spinach Salad with Strawberries	Spinach Salad with Strawberries	Spinach Salad with Strawberries	Spinach Sald with Strawberries	Spinach Salad with Strawberries
October 14th-October 18th				
Apple Juice	Salsa	Craisins	Kale & Jicama Slaw	Chilled Pineapple
Cinnamon Bananas	Kale & Jicama Slaw	Chilled Mandarin Oranges	Chilled Green Peas	SideKick (100% Fruit Juice)
Kale & Jicama Slaw	Red Pepper Strips	Green Pepper Strips	Fresh Cut Seasonal Fruit	Kale & Jicama Slaw
Grape Tomatoes	Chilled Peaches	Kale & Jicama Slaw	Tossed Romaine Salad	Tossed Romaine Salad
October 21st-October 25th				
Orange Juice	Chilled Applesauce	Red Pepper Strips	Cucumber Coins	Banana
Broccoli Florets	Raisins	Chilled Peaches	Citrus Chickpea Salad	Tossed Romaine Salad
Citrus Chickpea Salad	Citrus Chickpea Salad	Citrus Chickpea Salad	Tossed Romaine Salad	SideKick (100% Fruit Juice)
Grape Tomatoes	Fresh Baby Carrots	Chilled Mandarin Oranges	Fresh Cut Seasonal Fruit	Citrus Chickpea Salad
October 28th-October 31st				
Grape Juice	Raisins	Chilled Mandarin Oranges	Tossed Romaine Salad	
Craisins	Chilled Peaches	Raisins	Fresh Cut Seasonal Fruit	
Chilled Mixed Fruit	Chilled Peas	Fresh Baby Carrots	Blueberries with Balsamic & Thyme	
Blueberries with Balsamic & Thyme	Blueberries with Balsamic & Thyme	Blueberries with Balsamic & Thyme	Broccoli Florets	