



# MOOD BOOST

## Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu November 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 Classic Cheese Pizza Seasoned Green Beans <b>World Vegan Day!</b> Fruit & Veggie Bar
4 No School	5 No School	6 WG Boneless Chicken Wings Buffalo Ranch on Side Fluffy Breadstick Seasoned Corn Fruit & Veggie Bar <b>National Sandwich Day!</b>	7 WG Grilled Cheese Sandwich* Seasoned Broccoli Fruit & Veggie Bar	8 WG Classic Cheese Pizza Seasoned Carrots Fruit & Veggie Bar
11 WG Pancakes with Syrup Scrambled Eggs Crispy Tater Tots Fruit & Veggie Bar	12 Build Your Own Taco (Beef) with Shredded Cheddar Seasoned Black Beans Fruit & Veggie Bar	13 Homemade Mac and Cheese with Fluffy Breadstick Seasoned Cauliflower Fruit & Veggie Bar	14 WG Pizza Crunchers with Dipping Sauce Seasoned Green Beans Fruit & Veggie Bar <b>National Parfait Day!</b>	15 WG Classic Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar
18 WG Waffles with Syrup Turkey Sausage Emoji Baked Fries Fruit & Veggie Bar	19 Nachos with Queso Blanco and Taco Meat (Turkey) Seasoned Pinto Beans Fruit & Veggie Bar <b>National Nachos Day!</b>	20 Chicken Meatballs with Marinara Sauce on Rotini w/ Breadstick Seasoned Broccoli Fruit & Veggie Bar	21 <b>Thanksgiving Feast!</b> Turkey in Gravy with Mashed Potatoes, Cranberry Sauce, & Breadstick Seasoned Corn <b>Homemade Pumpkin Bar!</b> Fruit & Veggie Bar	22 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
25 WG Pancakes with Syrup Scrambled Eggs Crispy Tater Tots Fruit & Veggie Bar Eat a Cranberry Day!	26 Build Your Own Taco (Beef) with Shredded Cheddar Seasoned Black Beans Fruit & Veggie Bar <b>Eat a Cranberry Day!</b>	27 No School	28 No School <b>Happy Thanksgiving!</b>	29 No School
<b>Alternate Entrees</b> (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):				
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
B. Turkey, Cheese, & Lettuce on WG Hoagie Roll*	B. Yogurt Parfait with Strawberries & WG Granola	B. Turkey, Cheese, & Lettuce on WG Hoagie Roll*	B. Yogurt Parfait with Strawberries & WG Granola	B. Turkey, Cheese, & Lettuce on WG Hoagie Roll*
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: **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.



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
<b>November 1st</b>				
				Chilled Pineapple
				SideKick (100% Fruit Juice)
				Sugar Snap Peas
				Blueberries with Balsamic & Thyme
<b>November 4th-November 8th</b>				
		Sunbutter w/ Celery	Sunbutter w/ Celery	Sunbutter w/ Celery
		Chilled Mixed Fruit	Tossed Romaine Salad	Sugar Snap Peas
		Red Pepper Strips	Fresh Strawberries	SideKick (100% Fruit Juice)
		Chilled Mandarin Oranges	Cucumber Coins	Fresh Banana
		Broccoli Florets	Fresh Cut Seasonal Fruit	Tossed Romaine Salad
<b>November 11th-November 15th</b>				
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	Sugar Snap Peas
Grape Tomatoes	Chilled Peaches	Fresh Baby Carrots	Tossed Romaine Salad	Tossed Romaine Salad
<b>November 18th-November 22nd</b>				
Orange Juice	Chilled Applesauce	Red Pepper Strips	Cucumber Coins	Banana
Broccoli Florets	Raisins	Chilled Peaches	Fresh Strawberries	Tossed Romaine Salad
	Salsa	Fresh Celery	Tossed Romaine Salad	SideKick (100% Fruit Juice)
Grape Tomatoes	Fresh Baby Carrots	Chilled Mandarin Oranges	Fresh Cut Seasonal Fruit	Sugar Snap Peas
<b>November 25th-November 29th</b>				
Grape Juice	Cranberries			
Raisins	Chilled Peaches			
Chilled Mixed Fruit	Chilled Peas			
Fresh Celery				