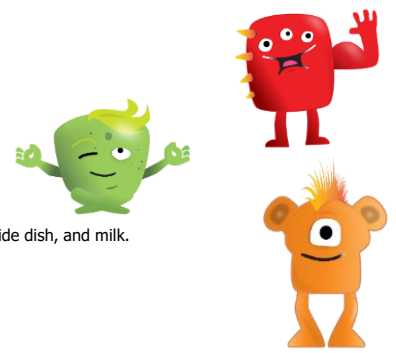




MOOD BOOST



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu January 2025

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 No School	2 No School	3 No School
6 WG Pancakes with Syrup Scrambled Eggs National Bagel Day! Emoji Baked Fries Fruit & Veggie Bar	7 Build Your Own Taco (Beef) with Shredded Cheddar Seasoned Black Beans Fruit & Veggie Bar	8 WG Pizza Crunchers with Dipping Sauce Seasoned Green Beans Fruit & Veggie Bar	9 Homemade Mac & Cheese with Fluffy Breadstick Seasoned Cauliflower Fruit & Veggie Bar	10 WG Classic Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar National Milk Day!
13 WG Waffles with Syrup Turkey Sausage Links Crispy Tater Tots Fruit & Veggie Bar	14 Nachos with Queso Blanco & Taco Meat (Turkey) Seasoned Pinto Beans Fruit & Veggie Bar	15 WG Popcorn Chicken w/ Mashed Potatoes & Gravy Fluffy Breadstick Seasoned Corn Fruit & Veggie Bar	16 Chicken Meatballs with Marinara on Rotini Seasoned Broccoli Fruit & Veggie Bar	17 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
20 No School	21 Build Your Own Taco (Beef) with Shredded Cheddar Seasoned Black Beans National Cheese Lover's Day! Fruit & Veggie Bar	22 WG Breaded Chicken Drumstick with Fluffy Breadstick Vegetarian Baked Beans Fruit & Veggie Bar	23 Popcorn Chicken w/ Sweet & Sour Sauce Fried Rice Roasted Carrot Coins Lucky Fortune Fruit & Veggie Bar	24 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
27 WG Waffles with Syrup Turkey Sausage Links Crispy Tater Tots Fruit & Veggie Bar	28 Nachos with Queso Blanco & Taco Meat (Turkey) Seasoned Pinto Beans Fruit & Veggie Bar	29 WG Boneless Chicken Wings w/ Buffalo Sauce (on the side) Fluffy Breadstick Seasoned Corn Fruit & Veggie Bar	30 Meatball (Chicken) WG Sub Sandwich* Seasoned Broccoli Fruit & Veggie Bar	31 WG Classic Cheese Pizza Seasoned Carrots 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 on WG Hoagie Roll*	B. WG Grilled Cheese Sandwich*	B. Turkey, Cheese, & Lettuce on WG Hoagie Roll*	B. WG Grilled Cheese Sandwich*	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: Great American Road Trip
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
January 1st-January 3rd				
January 6th-January 10th				
Chilled Power Peas	Salsa	Celery Sticks	Dressed Caesar Salad	Cucumber Coins
Chilled Pears	Peaches	Craisins	Fresh Strawberries	SideKick (100% Fruit Juice)
Celery Sticks	Baby Carrots	Mandarin Oranges	Green Pepper Strips	Chilled Pineapple
Apple Juice	Fresh Apple	Chilled Power Peas	Fresh Cut Seasonal Fruit	Tossed Romaine Salad
January 13th-January 17th				
Orange Juice	Salsa	Fresh Oranges	Fresh Strawberries	Fresh Banana
Craisins	Chilled Applesauce	Chilled Mandarin Oranges	Sugar Snap Peas	SideKick (100% Fruit Juice)
Broccoli Florets	Chopped Romaine	Red Pepper Strips	Fresh Cut Seasonal Fruit	Cucumber Coins
Grape Tomatoes	Raisins	Chilled Peaches	Dressed Caesar Salad	Tossed Romaine Salad
January 20th-January 24th				
	Salsa	Mandarin Oranges	Dressed Caesar Salad	Tossed Romaine Salad
	Peaches	Red Pepper Strips	Fresh Cut Seasonal Fruit	SideKick (100% Fruit Juice)
	Chopped Romaine	Cinnamon Applesauce	Cucumber Coins	Sugar Snap Peas
	Craisins	Chilled Power Peas	Fresh Strawberries	Chilled Pineapple
January 27th-January 31st				
Craisins	Rosy Applesauce	Mandarin Oranges	Dressed Caesar Salad	Tossed Romaine Salad
Broccoli Florets	Salsa	Fresh Baby Carrots	Fresh Cut Seasonal Fruit	Fresh Banana
Orange Juice	Raisins	Chilled Pears	Cucumber Coins	SideKick (100% Fruit Juice)
Grape Tomatoes	Chopped Romaine	Chilled Power Peas	Fresh Strawberries	Sugar Snap Peas