



MOOD BOOST



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu September 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 TOTchos with Turkey Barbacoa & Cheese Fresh Pico De Galla Seasoned Pinto Beans Fruit & Veggie Bar	3 Creamy Swedish Style Meatballs (Chicken) Brown Rice Orange Glazed Carrots Fruit & Veggie Bar	4 WG Popcorn Chicken with Orange Sauce WG Yakisoba Noodles Fortune Cookie Seasoned Bok Choy Fruit & Veggie Bar	5 Cheese Pizza Seasoned Green Peas Cheese Pizza Day! Fruit & Veggie Bar
8 WG Waffles Cheddar Cheese Omelet Blueberry Topping Potato Emoji Fruit & Veggie Bar	9 Soft Turkey WG Tacos I Love Food Day! Cilantro Brown Rice Seasoned Black Beans Fruit & Veggie Bar	10 Baked Turkey Bolognese Pasta Seasoned Green Beans Fruit & Veggie Bar	11 Chicken Tenders Honey-Lime Buffalo Sauce (on the side) Baked Sweet Potato Fries Fruit & Veggie Bar	12 Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
15 WG Waffles Turkey Sausage Links Strawberry Topping Waffle Fries Fruit & Veggie Bar	16 Beef Nachos Fresh Pico De Galla Mexicali Style Corn Seasoned Pinto Beans Fruit & Veggie Bar	17 Chicken Meatballs on WG Rotini Choice of Marinara Or Alfredo Sauce Roasted Broccoli Florets Fruit & Veggie Bar	18 Chicken & Vegetable Dumplings with Sweet & Sour Sauce Brown Fried Rice Roasted Carrot Coins Cheeseburger Day! Fruit & Veggie Bar	19 Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar
22 Butter Milk Pancakes Turkey Sausage Links Strawberry Topping Crispy Tater Tots Fruit & Veggie Bar	23 Baja Beef Rice Bowl Mexican Style Black Beans Fruit & Veggie Bar	24 Macaroni & Cheese with WG Dinner Roll BBQ Chicken Seasoned Cauliflower Fruit & Veggie Bar	25 Popcorn Chicken with WG Biscuit Mashed Potatoes & Chicken Gravy Seasoned Corn Fruit & Veggie Bar	26 September is National Honey Month! No School
29 WG French Toast Sticks Scrambled Eggs Chocolate Milk Day! Peach Topping Potato Smiles Fruit & Veggie Bar	30 Turkey Barbacoa TOTchos Fresh Pico De Galla Seasoned Pinto Beans 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. Chicken & Apple-Cheddar Salad w/ WG Biscuit C. WG Chicken Nuggets w/ Breadstick & Dipping Sauce D. Vegan Chic'n Nuggets with WG Breadstick	B. Crispy Chicken Caesar Salad & WG Breadstick C. Beef Hot Dog on WG Bun D. Black Bean Burger on WG Bun (Vegetarian)	B. Turkey Ham and Cheese Chef Salad & WG Biscuit C. WG Boscós with Pizza Dipping Sauce D. Mozzarella & Tomato Panini (Vegetarian)	B. Strawberry Chicken Salad & WG Biscuit C. Classic Cheeseburger on WG Bun D. Impossible Burger on WG Bun (Vegetarian)	B. Chicken BLT Salad & WG Biscuit C. Classic Chicken Sandwich on WG Bun D. Grilled Cheese Sandwich (Vegetarian)

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.

Please refer to Elementary Menus In Nutrislice which include allergen, carb counts, and nutritional information:



<https://rochesterk12.nutrislice.com/menu>



This month's food focus is: **FIT.**
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 1st-September 5th				
	Green Pepper Strips	Chilled Peaches	Fresh Strawberries	Fresh Banana
	Chopped Romaine	Spinach & Strawberry Salad	Dressed Caesar Salad	Tossed Green Salad
	Chilled Applesauce	Red Pepper Strips	Fresh Cut Seasonal Fruit	Sidekick (100% Fruit Juice)
	Raisins	Chilled Mandarin Oranges	Sugar Snap Peas	Cucumber Coins
September 8th-September 12th				
Romaine & Spinach Salad	Chilled Peas	Red Pepper Strips	Fresh Strawberries	Tossed Green Salad
Broccoli Florets	Craisins	Cinnamon Applesauce	Dressed Caesar Salad	Sidekick (100% Fruit Juice)
Grape Tomatoes	Salsa	Spinach & Strawberry Salad	Fresh Cut Seasonal Fruit	Sugar Snap Peas
Cinnamon Banana	Chopped Romaine	Chilled Mandarin Oranges	Cucumber Coins	Chilled Pears
Grape Juice				
September 15th-September 19th				
Grape Tomatoes	Green Pepper Strips	Spinach & Strawberry Salad	Fresh Cut Seasonal Fruit	Fresh Banana
Apple Juice	Chilled Applesauce	Red Pepper Strips	Dressed Caesar Salad	Tossed Green Salad
Broccoli Florets	Chopped Romaine	Cinnamon Peaches	Fresh Strawberries	Sidekick (100% Fruit Juice)
Romaine & Spinach Salad	Raisins	Chilled Mandarin Oranges	Cucumber Coins	Sugar Snap Peas
Craisins				
September 22nd-September 26th				
Chilled Peas	Orange Wedges	Craisins	Fresh Strawberries	
Fresh Pear	Chopped Romaine	Spinach & Strawberry Salad	Green Pepper Strips	
Romaine & Spinach Salad	Salsa	Chilled Mandarin Oranges	Fresh Cut Seasonal Fruit	
Orange Juice	Chilled Peaches	Red Pepper Strips	Dressed Caesar Salad	
September 29th-September 30th				
Cherry Tomatoes	Green Pepper Strips			
Broccoli Florets	Chopped Romaine			
Romaine & Spinach Salad	Chilled Applesauce			
Orange Juice	Raisins			