



**Chartwells School Dining Services: Rochester Elementary Schools  
Lunch Menu January 2026**

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, 1% chocolate and 1% Strawberry.



Monday	Tuesday	Wednesday	Thursday	Friday
		1 No School <b>Happy New Year!</b>	2 No School	3 No School
5 <b>Choice A:</b> Waffles Cheddar Cheese Omelet Blueberry Topping Crispy Tater Tots Fruit & Veggie Bar <b>Choice B:</b> Turkey Ham and Cheese Sandwich for <b>1/5</b>	6 <b>Choice A:</b> Soft Turkey Tacos Cilantro Brown Rice Seasoned Pinto Beans Fruit & Veggie Bar <b>Choice B:</b> Turkey Ham and Cheese Sandwich for <b>1/6</b>	7 Macaroni & Cheese with Fluffy Bread Stick BBQ Chicken <b>Chocolate Chip Cookie with Lunch!</b> Seasoned Cauliflower Fruit & Veggie Bar	8 Chicken Tenders with Cornbread Poppers Buffalo Ranch Dipping Sauce (on the side) Baked Sweet Potato Fries Fruit & Veggie Bar	9 Pepperoni (Pork & Beef) Pizza Orange Glazed Carrots <b>National Milk Day 1/11!</b> Fruit & Veggie Bar
12 French Toast Sticks Scrambled Eggs Strawberry Topping Potato Smiles Fruit & Veggie Bar	13 Beef Nachos Fresh Pico De Gallo Seasoned Black Beans Fruit & Veggie Bar	14 Cheese Tortellini with Italian Meat Sauce (Beef) <b>Chocolate Chip Cookie with Lunch!</b> Roasted Broccoli Florets Fruit & Veggie Bar	15 Popcorn Chicken with Biscuit Mashed Potatoes & Gravy Seasoned Corn Fruit & Veggie Bar <b>Lucky Tray Day!</b>	16 1/2 Day No Lunch Service
19 No School	20 Walking Tacos (Beef) with Tostitos Fresh Pico De Gallo Seasoned Pinto Beans <b>Cheese Lover's Day!</b> Fruit & Veggie Bar	21 Meatball (Chicken) Sub Seasoned Green Beans <b>Chocolate Chip Cookie with Lunch!</b> Fruit & Veggie Bar	22 Boneless Chicken Wings with Dinner Roll Honey Lime Buffalo Sauce (on the side) Seasoned Corn Fruit & Veggie Bar	23 Pepperoni (Pork & Beef) Pizza Seasoned Carrots Fruit & Veggie Bar
26 French Toast Sticks Scrambled Eggs Peach Topping Potato Smiles Fruit & Veggie Bar	27 Turkey TOTchos Fresh Pico De Gallo Seasoned Black Beans Fruit & Veggie Bar	28 Meatballs (Chicken) with Seasoned Rotini Choice of Alfredo or Marinara Sauce <b>Chocolate Chip Cookie with Lunch!</b> Seasoned Broccoli Fruit & Veggie Bar	29 Popcorn Chicken with Orange Sauce Brown Rice Seasoned Bok Choy Fortune Cookie Fruit & Veggie Bar	30 Pepperoni (Pork & Beef) Pizza Seasoned Peas Fruit & Veggie Bar
<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. Chicken & Apple-Cheddar Salad W/ Biscuit <b>1/12, 1/19, &amp; 1/26</b> C. WG Chicken Nuggets w/ Breadstick D. Vegan Chic'n Nuggets with Breadstick	B. Crispy Chicken Caesar Salad & WG Breadstick <b>1/13, 1/20, &amp; 1/27</b> C. Hot Dog (Beef) on WG Bun D. Black Bean Burger on Bun (Vegetarian)	B. Turkey Ham and Cheese Chef Salad & Biscuit C. Boscoss with Pizza Dipping Sauce D. Mozzarella & Tomato Panini (Vegetarian)	B. Strawberry Chicken Salad & Biscuit C. Classic Cheeseburger on Bun D. Impossible Burger on Bun (Vegetarian)	B. Chicken BLT Salad & Biscuit C. Classic Chicken Sandwich on Bun D. Cheese Pizza

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: Plant Power**  
**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>January 1st-January 3rd</b>				
<b>January 5th-January 8th</b>				
Chilled Power Peas	Chilled Peas	Chilled Mandarin Oranges	Fresh Grapes	Tossed Green Salad
Chilled Peaches	Sidekick (100% Fruit Juice)	Red Pepper Strips	Dressed Caesar Salad	Cinnamon Applesauce
Grape Tomatoes	Salsa	Craisins	Fresh Cut Seasonal Fruit	Sugar Snap Peas
Fresh Pear	Fresh Apple	Spinach & Strawberry Salad	Cucumber Coins	Chilled Pears
Grape Juice	Baby Carrots			
<b>January 12th-January 16th</b>				
Broccoli Florets	Green Pepper Strips	Fresh Apple	Fresh Cut Seasonal Fruit	
Romaine & Spinach Salad	Sidekick (100% Fruit Juice)	Red Pepper Strips	Dressed Caesar Salad	
Apple Juice	Chopped Romaine	Cinnamon Peaches	Fresh Grapes	
Craisins	Raisins	Chilled Mandarin Oranges	Cucumber Coins	
Grape Tomatoes	Fresh Pear	Spinach & Strawberry Salad		
	Salsa			
<b>January 19th-January 23rd</b>				
	Chilled Power Peas	Red Pepper Strips	Fresh Cut Seasonal Fruit	Cinnamon Applesauce
	Sidekick (100% Fruit Juice)	Spinach & Strawberry Salad	Green Pepper Strips	Tossed Green Salad
	Chopped Romaine	Craisins	Fresh Grapes	Chilled Pineapple
	Fresh Pear	Chilled Mandarin Oranges	Dressed Caesar Salad	Cucumber Coins
	Salsa			
<b>January 26th-January 30th</b>				
Broccoli Florets	Chopped Romaine	Chilled Mandarin Oranges	Fresh Cut Seasonal Fruit	Cinnamon Apple Sauce
Romaine & Spinach Salad	Salsa	Spinach and Strawberry Salad	Dressed Caesar Salad	Tossed Green Salad
Grape Tomatoes	Craisins	Chilled Peaches	Fresh Grapes	Fresh Banana
Orange Juice	Sidekick (100% Fruit Juice)	Redp Pepper Strips	Sugar Snap Peas	Cucumber Coins
Raisins	Fresh Pear	Baby Carrots		