

What's on the Menu?

Chartwells Dining Services: Rochester Community Schools

Elementary Lunch Menu October 2026

A full student lunch includes a choice of entrée supplying protein and grain, 3/4 cup of vegetable side dishes, 1/2 cup fruit side dishes, and a choice of 1% white, 1% chocolate, or 1% strawberry milk. A student must select a 1/2 cup serving of fruit or vegetable to make a complete meal or a la carte pricing will be applied.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Popcorn Chicken With Dinner Roll Mashed Potatoes & Gravy Seasoned Corn World Vegetarian Day! Fruit & Veggie Bar	2 Pepperoni (Pork & Beef) Pizza Seasoned Green Beans  Fruit & Veggie Bar
5 Pancakes Turkey Sausage Links Strawberry Topping Tater Tots Fruit & Veggie Bar	6 Walking Tacos (Beef) Fresh Pico De Gallo Mexican Style Street Corn Seasoned Pinto Beans Fruit & Veggie Bar	7 Meatball (Chicken) Sub Cookie with Lunch! Prize with Lunch! Seasoned Green Beans Fruit & Veggie Bar	8 Boneless Chicken Wings with Dinner Roll Honey Lime Buffalo Sauce (on the side) Seasoned Broccoli Fruit & Veggie Bar	9 Pepperoni (Pork & Beef) Pizza Seasoned Carrots Fruit & Veggie Bar
12 No School 	13 Turkey TOTchos with Cheese Sauce Fresh Pico De Gallo Seasoned Black Beans Fruit & Veggie Bar	14 Meatballs (Chicken) with Seasoned Rotini Choice of Alfredo or Marinara Cookie with Lunch! Seasoned Broccoli Fruit & Veggie Bar	15 Popcorn Chicken with Orange Sauce Brown Rice Fortune Cookie Seasoned Bok Choy Fruit & Veggie Bar MI Apple Crunch Day!	16 Pepperoni (Pork & Beef) Pizza Roasted Turnips October is Farm to School Month! Fruit & Veggie Bar
19 Waffles Egg & Cheese Omelet Blueberry Toppings Tater Tots Fruit & Veggie Bar	20 Soft Turkey Tacos Cilantro Brown Rice Fresh Pico De Gallo Seasoned Pinto Beans Fruit & Veggie Bar	21 Macaroni and Cheese with Breadstick Chicken Cookie with Lunch! Seasoned Cauliflower Fruit & Veggie Bar	22 Chicken Tenders with Dinner Roll Buffalo Ranch Sauce (on side) Sweet Potato Fries Fruit & Veggie Bar	23 Pepperoni (Pork & Beef) Pizza Glazed Parsnips  Fruit & Veggie Bar
26 French Toast Sticks Scrambled Eggs National Pumpkin Day! Strawberry Topping Potato Smiles Fruit & Veggie Bar	27 Beef Nachos with Queso Fresh Pico De Gallo Seasoned Black Beans Fruit & Veggie Bar	28 Cheese Tortellini in Italian Meat Sauce (Beef) Seasoned Broccoli Cookie with Lunch! Fruit & Veggie Bar	29 Popcorn Chicken With Dinner Roll Mashed Potatoes & Gravy Seasoned Corn Fruit & Veggie Bar	30 1/2 Day No Lunch Service
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, Flatbread & Cucumber Coins Bento Box C. WG Chicken Nuggets w/ Breadstick D. Vegan Chic'n Nuggets with Breadstick	B. Crispy Chicken Caesar Salad & Breadstick C. Hot Dog (Beef) on WG Bun D. Grilled Cheese Sandwich (Vegetarian)	B. Turkey, Cheese, Flatbread & Cucumber Coins Bento Box C. Boscoss with Pizza Dipping Sauce D. Mozzarella & Tomato Panini (Vegetarian)	B. Strawberry Chicken Salad & Bread Stick C. Classic Cheeseburger on Bun D. Impossible Burger on Bun (Vegetarian)	B. Turkey, Cheese, Flatbread & Cucumber Coins Bento Box C. Classic Chicken Sandwich on Bun D. Cheese Pizza (Vegetarian)

Questions? Please call the Food Service Office 248-726-4602

This institution is an equal opportunity employer.

Nutrition Game On Focus This Month



Please refer to Elementary Menus In Nutrislice which include top 9 allergens, carb counts, and nutritional information:



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

chartwell
serving up happy & health

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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 2nd				
			Fresh Cut Seasonal Fruit	Tossed Green Salad
			Cucumber Coins	Fresh Banana
			Fresh Grapes	Sugar Snap Peas
			Baby Carrots	Cinnamon Applesauce
			Celery Sticks	Baby Carrots
October 5th-October 9th				
Orange Juice	Chopped Romaine	Chilled Mandarin Oranges	Fresh Grapes	Tossed Green Salad
Dark Green Salad	Sidekick (100% Fruit Juice)	Red Pepper Strips	Dressed Caesar Salad	Cinnamon Applesauce
Fresh Pears	Black Bean Salsa	Spinach & Strawberry Salad	Fresh Cut Seasonal Fruit	Cucumber Coins
Chilled Power Peas	Fresh Apple	Craisins	Green Pepper Strips	Chilled Pineapple
Cinnamon Bananas	Chilled Pears	Baby Carrots	Celery Sticks	Baby Carrots
October 12th-October 16th				
	Sidekick (100% Fruit Juice)	Baby Carrots	Fresh Cut Seasonal Fruit	Cucumber Coins
	Chopped Romaine	Red Pepper Strips	Dressed Caesar Salad	Fresh Banana
	Fresh Pear	Chilled Peaches	Fresh Grapes	Tossed Green Salad
	Salsa	Chilled Mandarin Oranges	Red Pepper Strips	Fresh Orange Wedges
	Green Pepper Strips	Spinach & Strawberry Salad	Sugar Snap Peas	Cinnamon Applesauce
October 19th-October 23rd				
Broccoli Florets	Fresh Pears	Red Pepper Strips	Fresh Cut Seasonal Fruit	Tossed Green Salad
Orange Juice	Chopped Romaine	Spinach & Strawberry Salad	Cucumber Coins	Cinnamon Applesauce
Grape Tomatoes	Chilled Power Peas	Craisins	Fresh Grapes	Sugar Snap Peas
Cinnamon Bananas	Salsa	Chilled Mandarin Oranges	Dressed Caesar Salad	Fresh Baby Carrots
Dark Green Salad	Sidekick (100% Fruit Juice)			
Peachy Strawberry Salad				
October 26th- October 30th				
Fresh Pears	Sidekick (100% Fruit Juice)	Red Pepper Strips	Fresh Cut Seasonal Fruit	
Grape Tomatoes	Green Pepper Strips	Craisins	Cucumber Coins	
Apple Juice	Raisins	Spinach & Strawberry Salad	Fresh Grapes	
Dark Green Salad	Chopped Romaine	Chilled Mandarin Oranges	Baby Carrots	
Craisins	Salsa	Chilled Peaches	Celery Sticks	
Broccoli Florets				

October 15th is:

