



## Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu April 2022

**All meals are FREE through the end of the school year due to a USDA waiver from COVID**

A full student lunch meal 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.

**A cold vegetable and fruit bar is available daily** on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. We also offer at least one hot vegetable daily on our serving line.

Menu subject to change due to product availability. This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>  No School
<b>4</b> Bosclos with Pizza Dipping Sauce  Seasoned Green Beans	<b>5</b> French Bread Pizza  Seasoned Carrots	<b>6</b> Homemade Mac and Cheese with Fluffy Breadstick  Seasoned Cauliflower	<b>7</b> Waffles with Syrup  Scrambled Eggs  Hash Brown Patty	<b>8</b> Classic Cheese Pizza  Seasoned Peas
<b>11</b> Chicken Parmesan with Rotini  Seasoned Broccoli	<b>12</b> Chicken Nuggets with Fluffy Breadstick Seasoned Corn	<b>13</b> Turkey Corn Dog  Vegetarian Baked Beans  <b>Prize with Lunch!</b>	<b>14</b> Pancakes with Syrup  Turkey Sausage  Crispy Tater Tots	<b>15</b>  No School
<b>18</b> Cheese Quesadilla with Salsa  Seasoned Corn	<b>19</b> Popcorn Chicken with Fluffy Breadstick  Seasoned Peas	<b>20</b> Cheese Lasagna Roll with Fluffy Breadstick  Seasoned Green Beans	<b>21</b> Waffles with Syrup  Egg and Cheese Omelet  Hash Brown Patty	<b>22</b> Classic Cheese Pizza  Seasoned Carrots
<b>25</b> Cheeseburger  Sweet Potato Puffs	<b>26</b> Grilled Cheese  Seasoned Cauliflower	<b>27</b> Hot Dog on Bun  Vegetarian Baked Beans	<b>28</b> Pancakes with Syrup  Turke Sausage  Crispy Tater Tots	<b>29</b> Classic Cheese Pizza  Seasoned Broccoli
<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. Muffin Fun Lunch	B. Nacho Fun Lunch	B. Cereal Fun Lunch	B. Strawberry Yogurt Parfait with Homemade Granola	B. Sunbutter & Jelly Sandwich with String Cheese

Go to [MyPlate.gov](https://www.MyPlate.gov) for online personal wellness resources for you and your family.



Questions? Call:

Asst. Food Service Directors Tamara Brazelton or Marci Flaherty at 248-726-4601 or 248-726-4603

