



MOOD BOOST

Chartwells School Dining Services: Rochester Elementary Schools

Lunch Menu August 2022

Student lunch \$3.00 Reduced price \$.40 Adult Milk Only: \$.50

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
29 1/2 Day No Lunch Service	30 Homemade Mac and Cheese WG Fluffy Breadstick Seasoned Green Beans Fruit & Veggie Bar	31 Hot Dog on a WG Bun Vegetarian Baked Beans Sweet Potato Fries 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. Cereal Fun Lunch	B. Strawberry Parfait with Homemade Granola	B. WG Nacho Fun Lunch	B. Garden Cheese Salad with WG Breadstick	B. Turkey and Cheese on WG Hoagie
C. WG Bosco Cheese Sticks w/ Pizza Sauce	C. WG Chicken Nuggets with WG Breadstick	C. Cheeseburger on WG Bun	C. WG Corn Dog	C. WG Chicken Patty on a 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? CALL:

Food Service Director Marsha Dziewit at 248-726-4650 or

This institution is an equal opportunity employer.

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



This month's food focus is: Performance Nutrition: Food for energy
Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.





Alert



Calm



Confident



Smart



Strong

Meet the Moodies!



Happy

This Month's Fruit and Vegetable Bar Featured Selections: Apples, Oranges, Celery Sticks and Baby Carrots Available Every Day