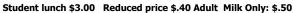
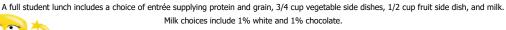




Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu November 2022









Monday	Tuesday	Wednesday	Thursday	Friday
-	1	2	3	4
	Walking Beef Taco with WG Doritos	WG Popcorn Chicken Bites with Fluffy Breadstick	WG Pancakes With Syrup	WG Classic Cheese Pizza
	Seasoned Pinto Beans	Mashed Potatoes and Gravy	Egg and Cheese Omelet	Seasoned Peas
	National Cinnamon Day! Fruit & Veggie Bar	Seasoned Corn Fruit & Veggie Bar	Potato Wedges Fruit & Veggie Bar	Fruit & Veggie Bar
7	8	9	10	11
Beef Meatballs in Marinara Sauce on Rotini Pasta	•	WG French Bread Pizza	Waffles with Syrup Scrambled Eggs	WG Classic Cheese Pizza
With Fluffy Breadstick Prize with Lunch Purchase	No School	Seasoned Carrots	33	Seasoned Broccoli
Seasoned Green Beans Fruit & Veggie Bar		Fruit & Veggie Bar	Crispy Tater Tots Fruit & Veggie Bar	Fruit & Veggie Bar <i>Happy Veteran's Day!</i>
14	15	16	17	18
Homemade Mac and Cheese with Fluffy Breadstick	WG Cheese Quesadilla	WG Popcorn Chicken Bites with Sweet and Sour	WG Pancakes with Syrup	
	Lucky Tray Day!	WG Lucky Fried Rice	Turkey Sausage Potato Wedges	1/2 Day of School
Seasoned Cauliflower	Seasoned Black Beans	Roasted Carrot Coins		No Lunch Service
Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar	
21	22	23	24	25
Chicken Alfredo on Penne Pasta WG Fluffy Breadstick	Thanksgiving Turkey Nachos with Homemade Queso Served with WG Tostito Scoops		No School	
Seasoned Broccoli	Seasoned Corn	No School	Happy Thanksgiving!	No School
Fruit & Veggie Bar	National Eat a Cranberry Day! Fruit & Veggie Bar			
28	29	30		
WG Lasagna Roll Up	Walking Beef Taco with WG Doritos	WG Popcorn Chicken with Fluffy Breadstick		
WG Fluffy Breadstick Seasoned Broccoli	Seasoned Pinto Beans	Mashed Potatoes and Gravy Seasoned Corn		
Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar		
Altornato	Entrees (available with daily bot y	egetable offering vour choice[c] :	l from our fruit/vegetable bar, and ch	noice 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. Soybutter and Jelly Sandwich
C. WG Bosco Cheese Sticks w/ Pizza Sauce	C. WG Chicken Nuggets with Fluffy Breadstick	C. Cheeseburger on WG Bun	C. WG Turkey Corn Dogs	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

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



LET'S GET COOKING.

This institution is an equal opportunity employer.

This month's food focus is: Let's Get Cooking: 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.











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
		November 1st-November 4th		
	Cinnamon Applesauce	Celery sticks	Broccoli Ranch Salad	Cherry Tomatoes
	Red Pepper Strips	Broccoli Florets	Fresh Baby Carrots	Dark Green Tossed Salad
	Fresh Baby carrots	Fresh Orange Wedges	Grape Juice	Cinnamon Peaches
	Salsa	Chilled Mixed Fruit	Chilled Peaches	Fresh Banana
		November 7th-November 11th		
Cinnamon Bananas		Citrus Kidney Bean Salad	Red Pepper Strips	Dark Green Tossed Salad
Chilled Applesauce		Cucumber Coins	Fresh Baby Carrots	Cherry Tomatoes
Power Peas		Orange Wedges	Orange Juice	Cinnamon Applesauce
Grape Tomatoes		Raisins	Chilled Peaches	Chilled Mixed Fruit
		November 14th-November 18th		•
Cucumber Coins	Salsa	Broccoli Florets	Broccoli Salad with Raisins	
Dried Cranberries	Rosy Applesauce	Chilled Pineapple	Fresh Baby Carrots	
Chilled Peaches	Raisins	Red Pepper Strips	Apple Juice	
Chilled Power Peas	Fresh Orange Wedge	Celery sticks	Chilled Peaches	
		November 21st-November 25th		
Chilled Mixed Fruit	Mariniated Cucumbers			
Chilled Power Peas	Chilled Pineapple			
Cinnamon Bananas	Dried Cranberries			
Cucumber Coins	Salsa			
		November 28th-November 30th		!
Chilled Pineapple	Rosy Applesauce	Celery sticks		
Raisins	Red Pepper Strips	Broccoli Florets		
Cucumber Coins	Salsa	Citrus Kidney Bean Salad		
Fresh Apple	Orange Wedges	Chilled Mixed Fruit		