



**Chartwells School Dining Services: Rochester Elementary Schools  
Lunch Menu November 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
	1 Walking Beef Taco with WG Doritos Seasoned Pinto Beans <b>National Cinnamon Day!</b> Fruit & Veggie Bar	2 WG Popcorn Chicken Bites with Fluffy Breadstick Mashed Potatoes and Gravy Seasoned Corn Fruit & Veggie Bar	3 WG Pancakes With Syrup Egg and Cheese Omelet Potato Wedges Fruit & Veggie Bar	4 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
7 Beef Meatballs in Marinara Sauce on Rotini Pasta With Fluffy Breadstick <b>Prize with Lunch Purchase</b> Seasoned Green Beans Fruit & Veggie Bar	8 No School	9 WG French Bread Pizza Seasoned Carrots Fruit & Veggie Bar	10 Waffles with Syrup Scrambled Eggs Crispy Tater Tots Fruit & Veggie Bar	11 WG Classic Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar <b>Happy Veteran's Day!</b>
14 Homemade Mac and Cheese with Fluffy Breadstick Seasoned Cauliflower Fruit & Veggie Bar	15 WG Cheese Quesadilla <b>Lucky Tray Day!</b> Seasoned Black Beans Fruit & Veggie Bar	16 WG Popcorn Chicken Bites with Sweet and Sour WG Lucky Fried Rice Roasted Carrot Coins Fruit & Veggie Bar	17 WG Pancakes with Syrup Turkey Sausage Potato Wedges Fruit & Veggie Bar	18 1/2 Day of School No Lunch Service
21 Chicken Alfredo on Penne Pasta WG Fluffy Breadstick Seasoned Broccoli Fruit & Veggie Bar	22 Thanksgiving Turkey Nachos with Homemade Queso Served with WG Tostito Scoons Seasoned Corn <b>National Eat a Cranberry Day!</b> Fruit & Veggie Bar	23 No School	24 No School <b>Happy Thanksgiving!</b>	25 No School
28 WG Lasagna Roll Up WG Fluffy Breadstick Seasoned Broccoli Fruit & Veggie Bar	29 Walking Beef Taco with WG Doritos Seasoned Pinto Beans Fruit & Veggie Bar	30 WG Popcorn Chicken with Fluffy Breadstick Mashed Potatoes and Gravy Seasoned Corn 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. 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

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.



Alert



Calm



Confident



Smart



Strong

Meet the Moodies!



Happy

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 1st-November 4th</b>				
	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
<b>November 7th-November 11th</b>				
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
<b>November 14th-November 18th</b>				
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	
<b>November 21st-November 25th</b>				
Chilled Mixed Fruit	Marinated Cucumbers			
Chilled Power Peas	Chilled Pineapple			
Cinnamon Bananas	Dried Cranberries			
Cucumber Coins	Salsa			
<b>November 28th-November 30th</b>				
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		