



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu December 2021

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
		1 Homemade Mac and Cheese Fluffy Breadstick Seasoned Broccoli	2 Waffles with Syrup Turkey Sausage Hash Brown Patty	3 Classic Cheese Pizza Seasoned Green Beans
6 Cheese Quesadilla with Salsa Seasoned Corn	7 Cheese Pizza Sticks with Pizza Dipping Sauce Seasoned Broccoli	8 Hot Dog on Bun Vegetarian Baked Beans	9 Pancakes with Syrup Egg and Cheese Omelet Crispy Tater Tots	10 Classic Cheese Pizza Seasoned Peas
13 Cheese Lasagna Roll Up Fluffy Breastick Seasoned Broccoli	14 French Bread Pizza Seasoned Carrots	15 Turkey Corn Dog Seasoned Corn Prize with Lunch!	16 Waffles with Syrup Scrambled Eggs Hash Brown Patty	17 Classic Cheese Pizza Seasoned Green Beans
20 No School	21 No School	22 No School	23 No School	24 No School
27 No School	28 No School	29 No School	30 No School	31 No School
Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):				
Mondays B. Muffin Fun Lunch	Tuesdays B. Nacho Fun Lunch	Wednesdays B. Cereal Fun Lunch	Thursdays B. Strawberry Yogurt Parfait with Homemade Granola	Fridays 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:

Food Service Director Tracy Hizer @ 248-726-4650 or

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



Our guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans
 Provide more whole grain foods, such as brown rice and whole wheat
 Encourage lean proteins including vegetarian and plant based
 Reduce unhealthy fats, sodium, and sugar
 Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce.
 To learn more about Chartwells go to www.EatLearnLive.com

This Month's Fruit and Vegetable Bar Featured Selections: Fresh Apples and Fresh Oranges Available Every Day

Monday	Tuesday	Wednesday	Thursday	Friday
December 1st-December 3rd				
		Raisins	Fresh Apple	Dark Green Tossed Salad
		Three Bean Salad	Grape Juice	Broccoli Florets
		Cherry Tomatoes	Fresh Baby Carrots	Chilled Peaches
December 6th-December 10th				
Chilled Power Peas	Cucumber Coins	Cherry Tomatoes	Fresh Apple	Red Pepper Strips
Fresh Baby Carrots	Celery Sticks	Baby Carrots	Fresh Baby Carrots	Dark Green Salad
Dried Cranberries	Chilled Applesauce	Chilled Peaches	Apple Juice	Fresh Banana
December 13th-December 17th				
Green Pepper Strips	Cherry Tomatoes	Citrus Kidney Bean Salad	Fresh Apple	Dark Green Salad
Baby Carrots	Cucumber Coins	Cherry Tomatoes	Fresh Baby Carrots	Broccoli Florets
Cinnamon Bananas	Chilled Pears	Chilled Peaches	Orange Juice	Chilled Mixed Fruit
December 20th-December 24th				
December 27th-December 31st				