



**Chartwells School Dining Services: Rochester Elementary Schools
Lunch Menu April 2023**

Student lunch \$3.00 Reduced price \$.40 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
3 Cheese Lasagna Roll Up with Fluffy Breadstick Seasoned Green Beans <i>Prize with Lunch Purchase!</i> Fruit & Veggie Bar	4 Build Your Own Taco with Black Beans or Beef with Shredded Cheddar on WG Tortillas Seasoned Corn Fruit & Veggie Bar	5 French Bread Pizza Seasoned Carrots Homemade Apple Crisp Fruit & Veggie Bar	6 Waffles with Syrup Turkey Sausage Crispy Tater Tots <i>Tiger's Opening Day!</i> Fruit & Veggie Bar	7 No School
10 Classic Italian Meat Sauce (Beef) on Rotini Pasta Seasoned Broccoli Fruit & Veggie Bar	11 WG Cheese Quesadilla Seasoned Pinto Beans Fruit & Veggie Bar	12 Grilled Cheese Sandwich <i>National Grilled Cheese Sandwich Day!</i> Roasted Carrot Coins Fruit & Veggie Bar	13 WG Pancakes with Syrup Scrambled Eggs Potato Wedges Fruit & Veggie Bar	14 WG Classic Cheese Pizza Seasoned Corn Fruit & Veggie Bar
17 No School	18 Homemade Queso with Turkey Taco Meat or Black Beans with Tostito Scoops Seasoned Corn Fruit & Veggie Bar	19 Beef Hot Dog on WG Bun Vegetarian Baked Beans Homemade Apple Crisp <i>National Banana Day!</i> Fruit & Veggie Bar	20 Waffles with Syrup Egg and Cheese Omelet Crispy Tater Tots Fruit & Veggie Bar	21 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
24 Homemade Mac and Cheese with WG Breaded Chicken Drumstick Fluffy Bread Stick Seasoned Cauliflower <i>Lucky Tray Day!</i> Fruit & Veggie Bar	25 Walking Taco with Black Beans or Beef Served with Doritos Seasoned Corn Fruit & Veggie Bar	26 Popcorn Chicken Bites with Fluffy Bread Stick Mashed Potatos with Gravy Seasoned Peas Fruit & Veggie Bar	27 Pancakes with Syrup Turkey Sausage Potato Wedges Fruit & Veggie Bar	28 WG Classic Cheese Pizza Seasoned Carrots 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. Turkey Ham and Cheese Sandwich on WG Bun	B. Cereal Fun Lunch	B. Turkey Ham and Cheese Sandwich on WG Bun	B. Cereal Fun Lunch
C. WG Bosco Cheese Sticks w/ Pizza Sauce	C. WG Chicken Nuggets with Fluffy Breadstick	C. Cheeseburger on WG Bun	C. WG Turkey Corn Dog Nuggets	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: Be A Waste Warrior
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



Happy

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
April 3rd-April 7th				
Chilled Applesauce	Chilled Peaches	Fresh Baby Carrots	Broccoli Florets	
Chilled Power Peas	Red Pepper Strips	Chilled Power Peas	Craisins	
Cucumber Coins	Salsa	Fresh Orange Wedges	Orange Juice	
Chilled Pears	Fresh Celery Sticks	Raisins	Cherry Tomatoes	
April 10th-April 14th				
Chilled Pears	Salsa	Chilled Pineapple	Broccoli Florets	Fresh Celery Sticks
Fresh Apple	Rosy Applesauce	Green Pepper Strips	Apple Juice	Fresh Cut Fruit
Cucumber Coins	Raisins	Orange Wedges	Craisins	Ranch Broccoli Salad
Red Pepper Strips	Celery Sticks	Fresh Baby Carrots	Cherry Tomatoes	Fresh Banana
April 17th-April 21st				
	Salsa	Chilled Pears	Broccoli Florets	Fresh Cut Fruit
	Red Pepper Strips	Green Pepper Strips	Grape Juice	Chilled Mixed Fruit
	Chilled Peaches	Rosy Applesauce	Craisins	Ranch Broccoli Salad
	Fresh Baby Carrots	Cucumber Coins	Cherry Tomatoes	Fresh Celery Sticks
April 24th-April 28th				
Chilled Pineapple	Salsa	Chilled Mixed Fruit	Orange Juice	Fresh Cut Fruit
Chilled Peaches	Green Pepper Strips	Red Pepper Strips	Cherry Tomatoes	Fresh Celery Sticks
Cucumber Coins	Cinnamon Applesauce	Fresh Celery Sticks	Broccoli Florets	Raisin Broccoli Salad
Fresh Apple	Raisins	Fresh Baby Carrots	Craisins	Fresh Banana



