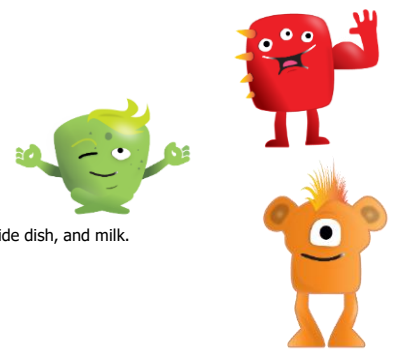




MOOD BOOST



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu December 2022 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
			1 WG Pancakes With Syrup Egg and Cheese Omelet Potato Wedges Eat a Red Apple Day! Fruit & Veggie Bar	2 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
5 No School	6 Beef Taco with Shredded Cheddar On WG Tortilla Seasoned Corn Fruit & Veggie Bar	7 WG French Bread Pizza Seasoned Carrots Lucky Tray Day! Fruit & Veggie Bar	8 Waffles with Syrup Scrambled Eggs Crispy Tater Tots Fruit & Veggie Bar	9 WG Classic Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar
12 Homemade Mac and Cheese with Fluffy Breadstick Seasoned Cauliflower Fruit & Veggie Bar	13 WG Cheese Quesadilla Seasoned Black Beans Fruit & Veggie Bar	14 WG Popcorn Chicken Bites with Sweet and Sour WG Lucky Fried Rice Roasted Carrot Coins Fruit & Veggie Bar	15 WG Pancakes with Syrup Turkey Sausage Potato Wedges National Maple Syrup Day! Fruit & Veggie Bar	16 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
19 Chicken Alfredo on Penne Pasta WG Fluffy Breadstick Seasoned Broccoli Prize with Lunch Purchase! Fruit & Veggie Bar	20 Turkey Nachos with Homemade Queso Served with WG Tostito Scoons Seasoned Corn Fruit & Veggie Bar	21 Beef Hot Dog on WG Bun Vegetarian Baked Beans Fruit & Veggie Bar	22 Waffles with Syrup Egg and Cheese Omelet Crispy Tater Tots Fruit & Veggie Bar	23 WG Classic Cheese Pizza Seasoned Carrots Fruit & Veggie Bar
26 No School	27 No School	28 No School	29 No School	30 No School
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. 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: Spice It Up: 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
December 1st- December 2nd				
			Broccoli Ranch Salad	Cherry Tomatoes
			Fresh Baby Carrots	Dark Green Tossed Salad
			Grape Juice	Cinnamon Peaches
			Chilled Peaches	Fresh Banana
December 5th-December 9th				
	Pineapple	Citrus Kidney Bean Salad	Red Pepper Strips	Dark Green Tossed Salad
	Craisins	Cucumber Coins	Fresh Baby Carrots	Cherry Tomatoes
	Salsa	Orange Wedges	Orange Juice	Cinnamon Applesauce
	Shredded Lettuce	Raisins	Chilled Peaches	Chilled Mixed Fruit
December 12th-December 16th				
Cucumber Coins	Salsa	Broccoli Florets	Broccoli Salad with Raisins	Dark Green Tossed Salad
Dried Cranberries	Rosy Applesauce	Chilled Pineapple	Fresh Baby Carrots	Cherry Tomatoes
Chilled Peaches	Raisins	Red Pepper Strips	Apple Juice	Fresh Banana
Chilled Power Peas	Fresh Orange Wedge	Celery sticks	Chilled Peaches	Chilled Pears
December 19th-December 23rd				
Chilled Mixed Fruit	Shredded Lettuce	Chilled Pears	Grape Juice	Dark Green Tossed Salad
Chilled Power Peas	Chilled Pineapple	Rosy Applesauce	Chilled Peaches	Cherry Tomatoes
Cinnamon Bananas	Dried Cranberries	Green Pepper Strips	Fresh Baby Carrots	Chilled Mixed Fruit
Cucumber Coins	Salsa	Celery sticks	Red Pepper Strips	Fresh Apple