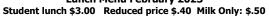
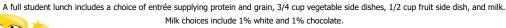




Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu February 2023









Monday	Tuesday	Wednesday	Thursday	Friday
		1 Popcorn Chicken Bites with Fluffy Bread Stick	WG Pancakes with Syrup	WG Classic Cheese Pizza
		Mashed Potatoes with Gravy	Egg & Cheese Omelet	Seasoned Peas
		Seasoned Corn Fruit & Veggie Bar	National Tater Tots Day! Fruit & Veggie Bar	Fruit & Veggie Bar
6	7	8	55	10
Cheese Lasagna Roll Up with Marinara Sauce	Build Your OwnTaco with Black Beans or Beef with Shredded	WG French Bread Pizza	Waffles with Syrup Turkey Sausage	
Seasoned Green Beans	Cheddar on WG Tortillas	Seasoned Carrots Lucky Tray Day!		No School
Fruit & Veggie Bar	Seasoned Corn Fruit & Veggie Bar	Homemade Apple Crisp Fruit & Veggie Bar	Crispy Tater Tots Fruit & Veggie Bar	
Classic Italian Meat Sauce (Beef)	WG Cheese Quesadilla	WG Popcorn Chicken Bites with	WG French Toast Sticks with	WG Classic Cheese Pizza
on Rotini Pasta Seasoned Broccoli	Valentine's Day! Prize with Lunch Purchase	Sweet and Sour WG Lucky Fried Rice	Syrup Scrambled Eggs Potato Wedges	Seasoned Green Beans
National Italian Food Day!	Seasoned Pinto Beans	Roasted Carrot Coins		
Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar
20	21	22	23	24
		Grilled Cheese Sandwich	WG Pancakes with Syrup Egg and Cheese Omelet	WG Classic Cheese Pizza
No School	No School	Vegetarian Baked Beans	Crispy Tater Tots	Seasoned Carrots
		Homemade Apple Crisp Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar
27	28			
Homemade Macaroni & Cheese WG Chicken Drumstick Seasoned Cauliflower Fruit & Veggie Bar	Build your Own Walking Taco with Black Beans or Beef with Doritos Seasoned Corn 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
·	·		OLUECTIONICS CALL	

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: Smart Snacking 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		
		February 1st-February 3rd				
		Red Pepper Strips	Grape Juice	Cherry Tomatoes		
		Chilled Mixed Fruit	Chilled Peaches	Ranch Broccoli Salad		
		Celery Sticks	Fresh Baby Carrots	Cinnamon Applesauce		
		Fresh Apple	Broccoli Florets	Fresh Banana		
		February 6th-February 10th				
Fresh Baby Carrots Chilled Pineapple Fresh Baby Carrots Broccoli Florets						
Cinnamon Bananas	Craisins	Chilled Power Peas	Red Pepper Strips			
Cucumber Coins	Salsa	Orange Wedges	Orange Juice			
			Chilled Peaches			
Chilled Pears	Celery Sticks	Raisins				
February 13th-February -Februray 17th						
Chilled Pears	Salsa	Chilled Pineapple	Broccoli Florets	Cherry Tomatoes		
Craisins	Rosy Applesauce	Green Pepper Strips	Apple Juice	Chilled Pears		
Cucumber Coins	Raisins	Fresh Orange Wedges	Chilled Power Peas	Ranch Broccoli Salad		
Red Pepper Strips	Celery Sticks	Fresh Baby Carrots	Chilled Peaches	Fresh Banana		
		February 20th-February 24th				
		Chilled Pears	Grape Juice	Broccoli Salad with Raisins		
		Green Pepper Strips	Chilled Peaches	Cherry Tomatoes		
		Rosy Applesauce	Broccoli Florets	Chilled Mixed Fruit		
		Fresh Orange Wedges	Red Pepper Strips	Fresh Apple		
		February 27th-February 28th				
Chilled Pineapple	Cinnamon Applesauce					
Raisins	Red Pepper Strips					
Cucumber Coins	Salsa					
Fresh Orange Wedges	Chilled Power Peas					