



Chartwells School Dining Services: Rochester Elementary Schools

Lunch Menu February 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
		1 Popcorn Chicken Bites with Fluffy Bread Stick Mashed Potatoes with Gravy Seasoned Corn Fruit & Veggie Bar	2 WG Pancakes with Syrup Egg & Cheese Omelet National Tater Tots Day! Fruit & Veggie Bar	3 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
6 Cheese Lasagna Roll Up with Marinara Sauce Seasoned Green Beans Fruit & Veggie Bar	7 Build Your Own Taco with Black Beans or Beef with Shredded Cheddar on WG Tortillas Seasoned Corn Fruit & Veggie Bar	8 WG French Bread Pizza Seasoned Carrots Lucky Tray Day! Homemade Apple Crisp Fruit & Veggie Bar	9 Waffles with Syrup Turkey Sausage Crispy Tater Tots Fruit & Veggie Bar	10 No School
13 Classic Italian Meat Sauce (Beef) on Rotini Pasta Seasoned Broccoli National Italian Food Day! Fruit & Veggie Bar	14 WG Cheese Quesadilla Valentine's Day! Prize with Lunch Purchase Seasoned Pinto Beans Fruit & Veggie Bar	15 WG Popcorn Chicken Bites with Sweet and Sour WG Lucky Fried Rice Roasted Carrot Coins Fruit & Veggie Bar	16 WG French Toast Sticks with Syrup Scrambled Eggs Potato Wedges Fruit & Veggie Bar	17 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
20 No School	21 No School	22 Grilled Cheese Sandwich Vegetarian Baked Beans Homemade Apple Crisp Fruit & Veggie Bar	23 WG Pancakes with Syrup Egg and Cheese Omelet Crispy Tater Tots Fruit & Veggie Bar	24 WG Classic Cheese Pizza Seasoned Carrots Fruit & Veggie Bar
27 Homemade Macaroni & Cheese WG Chicken Drumstick Seasoned Cauliflower Fruit & Veggie Bar	28 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

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.



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
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 Pears	Celery Sticks	Raisins	Chilled Peaches	
February 13th-February -February 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			