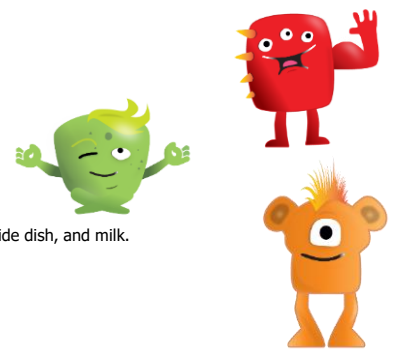




MOOD BOOST



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu January 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
2 No School	3 No School	4 No School	5 No School	6 No School
9 Cheese Lasagana Roll Up with Marinara Sauce Seasoned Green Beans Fruit & Veggie Bar	10 Beef Taco with Shredded Cheddar On WG Tortilla Seasoned Pinto Beans Fruit & Veggie Bar	11 WG French Bread Pizza Seasoned Carrots National Milk Day! Fruit & Veggie Bar	12 Waffles with Syrup Scrambled Eggs Crispy Tater Tots Fruit & Veggie Bar	13 WG Classic Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar
16 No School	17 WG Cheese Quesadilla Lucky Tray Day! Seasoned Black Beans Fruit & Veggie Bar	18 WG Popcorn Chicken Bites with Sweet and Sour WG Lucky Fried Rice Roasted Carrot Coins Fruit & Veggie Bar	19 WG Pancakes with Syrup Turkey Sausage Potato Wedges Fruit & Veggie Bar	20 WG Classic Cheese Pizza Seasoned Green Beans National Cheese Lover's Day! Fruit & Veggie Bar
23 Beef Sloppy Joe on WG Bun Potato Smiles Prize with Lunch Purchase! Fruit & Veggie Bar	24 Turkey Nachos with Homemade Queso Served with WG Tostito Scoons Seasoned Corn Fruit & Veggie Bar	25 Beef Hot Dog on WG Bun Vegetarian Baked Beans Fruit & Veggie Bar	26 Waffles with Syrup Egg and Cheese Omelet Crispy Tater Tots Fruit & Veggie Bar	27 WG Classic Cheese Pizza Seasoned Carrots Fruit & Veggie Bar
30 Homemade Macaroni & Cheese WG Chicken Drumstick Seasoned Cauliflower Fruit & Veggie Bar	31 Beef WalkingTaco with Doritos Seasoned Pinto Beans 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

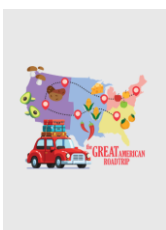
A student must select 1/2 cup of fruit or vegetable to make a complete meal or a la carte pricing is applied.

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: Great American Roadtrip
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
January 2nd-January 6th				
January 9th-January 13th				
Fresh Baby Carrots	Chilled Pineapple	Fresh Baby Carrots	Broccoli Florets	Cherry Tomatoes
Raisins	Craisins	Chilled Power Peas	Red Pepper Strips	Broccoli Salad with Raisins
Fresh Apple	Salsa	Orange Wedges	Orange Juice	Chilled Mixed Fruit
Chilled Pears	Chilled Applesauce	Raisins	Chilled Peaches	Cinnamon Applesauce
January 16th-January 20th				
	Salsa	Chilled Pineapple	Ranch Broccoli Salad	Cherry Tomatoes
	Rosy Applesauce	Broccoli Florets	Fresh Orange Wedges	Chilled Pears
	Raisins	Red Pepper Strips	Apple Juice	Cucumber Coins
	Celery Sticks	Fresh Baby Carrots	Chilled Peaches	Fresh Banana
January 23rd-January 27th				
Chilled Mixed Fruit	Fresh Orange Wedges	Chilled Pears	Grape Juice	Fresh Baby Carrots
Chilled Power Peas	Craisins	Green Pepper Strips	Chilled Peaches	Cherry Tomatoes
Cinnamon Bananas	Chilled Pineapple	Rosy Applesauce	Broccoli Salad with Raisins	Chilled Mixed Fruit
Cucumber Coins	Salsa	Broccoli Florets	<i>Red Pepper Strips</i>	Fresh Apple
January 30th-January 31st				
Chilled Pineapple	Cinnamon Applesauce			
Raisins	Red Pepper Strips			
Cucumber Coins	Salsa			
Fresh Orange Wedges	Chilled Power Peas			