



MOOD BOOST



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu May 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 Cheese Lasagna Roll Up with Marinara Sauce Fluffy Breadstick Seasoned Green Beans Fruit & Veggie Bar	2 Build Your Own Taco with Black Beans or Beef with Shredded Shredded Cheddar on WG Tortillas Seasoned Corn Fruit & Veggie Bar	3 WG French Bread Pizza Seasoned Carrots Homemade Apple Crisp Fruit & Veggie Bar	4 Waffles with Syrup Turkey Sausage Crispy Tater Tots Fruit & Veggie Bar	5 WG Classic Cheese Pizza Seasoned Broccoli National Lunch Hero Day! Fruit & Veggie Bar
8 Classic Italian Meat Sauce (Beef) on Rotini Pasta Seasoned Broccoli Fruit & Veggie Bar	9 WG Cheese Quesadilla Seasoned Pinto Beans Fruit & Veggie Bar	10 Grilled Cheese Sandwich Prize with Lunch Purchase! Seasoned Peas Fruit & Veggie Bar	11 WG Pancakes with Syrup Scrambled Eggs Potato Wedges Fruit & Veggie Bar	12 WG Classic Cheese Pizza Seasoned Corn Fruit & Veggie Bar
15 Sloppy Joe on WG Bun Potato Smiles Lucky Tray Day! Fruit & Veggie Bar	16 Homemade Queso with Turkey Taco Meat or Black Beans Beans with Tostito Scoops Seasoned Corn Fruit & Veggie Bar	17 Beef Hot Dog on WG Bun Vegetarian Baked Beans Homemade Apple Crisp May is National BBQ Month! Fruit & Veggie Bar	18 Waffles with Syrup Egg and Cheese Omelet Crispy Tater Tots Fruit & Veggie Bar	19 No School
22 Homemade Mac and Cheese with Fluffy Breadstick Seasoned Cauliflower Fruit & Veggie Bar	23 Walking Taco with Beef or Black Beans with Doritos Seasoned Corn Fruit & Veggie Bar	24 WG Popcorn Chicken Bites with Mashed Potatoes and Gravy Fluffy Breadstick Seasoned Peas Fruit & Veggie Bar	25 WG Pancakes with Syrup Turkey Sausage Potato Wedges Fruit & Veggie Bar	26 WG Classic Cheese Pizza Seasoned Carrots
29 No School	30 WG Quesadilla Seasoned Pinto Beans Fruit & Veggie Bar	31 French Bread Pizza Seasoned Carrots Homemade Apple Crisp Fruit & Veggie Bar May is National Hamburger Month!		
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: Summer Fun
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
May 1st-May 5th				
Chilled Pears	Red Pepper Strips	Fresh Baby Carrots	Orange Juice	Cinnamon Applesauce
Cucumber Coins	Chilled Peaches	Raisins	Craisins	Broccoli Salad with Raisins
Chilled Applesauce	Fresh Orange Wedges	Green Pepper Strips	Broccoli Florets	Fresh Baby Carrots
Chilled Power Peas	Salsa	Fresh Apple	Grape Tomatoes	Fresh Cut Fruit
May 8th-May 12th				
Red Pepper Strips	Chilled Applesauce	Fresh Apple	Broccoli Florets	Fresh Cut Fruit
Cucumber Coins	Raisins	Celery Sticks	Craisins	Celery Sticks
Fresh Orange Wedges	Salsa	Chilled Pineapple	Apple Juice	Fresh Banana
Chilled Pears	Fresh Baby Carrots	Green Pepper Strips	Grape Tomatoes	Ranch Broccoli Salad
May 15th-May 19th				
Chilled Power Peas	Red Pepper Strips	Chilled Pears	Broccoli Florets	
Chilled Mixed Fruit	Salsa	Green Pepper Strips	Grape Juice	
Cucumber Coins	Chilled Peaches	Chilled Applesauce	Craisins	
Cinnamon Bananas	Celery Sticks	Green Pepper Strips	Grape Tomatoes	
May 22nd-May 26th				
Chilled Pineapple	Salsa	Chilled Mixed Fruit	Orange Juice	Fresh Cut Fruit
Cucumber Coins	Raisins	Red Pepper Strips	Craisins	Broccoli Salad with Raisins
Chilled Peaches	Green Pepper Strips	Fresh Apple	Broccoli Florets	Fresh Banana
Celery Sticks	Chilled Applesauce	Fresh Baby Carrots	Grape Tomatoes	Celery Sticks
May 29th-May 31st				
	Red Pepper Strips	Fresh Baby Carrots		
	Chilled Peaches	Raisins		
	Fresh Orange Wedges	Green Pepper Strips		
	Salsa	Fresh Apple		