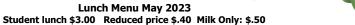
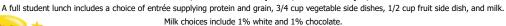




Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu May 2023









Monday	Tuesday	Wednesday	Thursday	Friday
1	. 2	3		,
Cheese Lasagna Roll Up with	Build Your OwnTaco with Black	WG French Bread Pizza	Waffles with Syrup	WG Classic Cheese Pizza
Marinara Sauce	Beans or Beef with Shredded			
Fluffy Breadstick	Shredded Cheddar on WG	Seasoned Carrots	Turkey Sausage	Seasoned Broccoli
Seasoned Green Beans	Tortillas		Tannay Saasags	
Fruit & Veggie Bar	Seasoned Corn	Homemade Apple Crisp	Crispy Tater Tots	National Lunch Hero Day!
	Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar
8	9	10	11	12
Classic Italian Meat Sauce (Beef)	WG Cheese Quesadilla	Grilled Cheese Sandwich	WG Pancakes with Syrup	WG Classic Cheese Pizza
on Rotini Pasta	C		, , , ,	
	Seasoned Pinto Beans	Prize with Lunch Purchase!	Scrambled Eggs	Seasoned Corn
			3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	
Seasoned Broccoli		Seasoned Peas	Potato Wedges	
Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar	Fruit & Veggie Bar
55	33	33	33	33
15	16	17	18	19
Sloppy Joe on WG Bun	Homemade Queso with Turkey	Beef Hot Dog on WG Bun	Waffles with Syrup	
	Taco Meat or Black Beans	_		
Potato Smiles	Beans with Tostito Scoops	Vegetarian Baked Beans	Egg and Cheese Omelet	No School
Lucky Tray Day!	Seasoned Corn	Homemade Apple Crisp	Crispy Tater Tots	
			.,	
Fruit & Veggie Bar	Fruit & Veggie Bar	May is National BBQ Month!	Fruit & Veggie Bar	
		Fruit & Veggie Bar		
22	23	24	25	20
Homemade Mac and Cheese	Walking Taco with Beef or Black	WG Popcorn Chicken Bites with	WG Pancakes with Syrup	WG Classic Cheese Pizza
with Fluffy Breadstick	Beans with Doritos	Mashed Potatoes and Gravy	Wo Turicakes With Syrup	VVG Classic Cricese i izza
with Fidiny Breadstick	beans with boritos	riustica i otatoes una Gravy		
Seasoned Cauliflower	Seasoned Corn	Fluffy Breadstick	Turkey Sausage	Seasoned Carrots
		•	, ,	
	Fruit & Veggie Bar	Sesoned Peas	Potato Wedges	
Fruit & Veggie Bar		Fruit & Veggie Bar	Fruit & Veggie Bar	
29	30	31		
	MC Constitution	Food Bood B' - Consold		
	WG Quesadilla	French Bread Pizza Seasoned		
No Cobool	Seasoned Pinto Beans	Carrots		
No School	Seasoned Pinto Beans	Homemade Apple Crisp		
	Fruit & Voggio Bar	Fruit & Veggie Bar		
	Fruit & Veggie Bar	May is National Hamburger Month!		
	•		from our fruit/vegetable bar, and ch	
<i>Mondays</i>	Tuesdays	Wednesdays	Thursdays	Fridays
B. Cereal Fun Lunch	B. Turkey Ham and Cheese	B. Cereal Fun Lunch	B. Turkey Ham and Cheese	B. Cereal Fun Lunch
		B. Cereal Fun Lunch	B. Turkey Ham and Cheese Sandwich on WG Bun	B. Cereal Fun Lunch
	B. Turkey Ham and Cheese	B. Cereal Fun Lunch		B. Cereal Fun Lunch
B. Cereal Fun Lunch	B. Turkey Ham and Cheese Sandwich on WG Bun		Sandwich on WG Bun	
	B. Turkey Ham and Cheese	B. Cereal Fun Lunch C. Cheeseburger on WG Bun		B. Cereal Fun Lunch 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.

Food Service Director Marsha Dziewit at 248-726-4650 or

This institution is an equal opportunity employer.

Asst. Food Service Directors Tamara Brazelton or Marci Flaherty at 248-726-4601 or 248-726-4603





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.











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		
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				