



**Chartwells School Dining Services: Rochester Elementary Schools  
Lunch Menu March 2022**

**All meals are FREE through the end of the school year due to a USDA waiver from COVID**

A full student lunch meal 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.

**A cold vegetable and fruit bar is available daily** on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. We also offer at least one hot vegetable daily on our serving line.

Menu subject to change due to product availability. This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheese Pizza Sticks with Pizza Dipping Sauce Seasoned Broccoli	2 Hot Dog on Bun Vegetarian Baked Beans	3 Pancakes with Syrup Egg and Cheese Omelet Crispy Tater Tots	4 1/2 Day No Lunch Service
7 Boscus with Pizza Dipping Sauce Seasoned Green Beans	8 French Bread Pizza Seasoned Carrots	9 Homemade Mac and Cheese with Fluffy Breadstick Seasoned Cauliflower	10 Waffles with Syrup Scrambled Eggs Hash Brown Patty	11 Classic Cheese Pizza Seasoned Peas
14 Chicken Parmesan with Rotini Seasoned Broccoli	15 Chicken Nuggets with Fluffy Breadstick Seasoned Corn	16 Turkey Corn Dog Vegetarian Baked Beans <b>Prize with Lunch!</b>	17 Pancakes with Syrup Turkey Sausage Crispy Tater Tots	18 1/2 Day No Lunch Service
21 Cheese Quesadilla with Salsa Seasoned Corn	22 Popcorn Chicken with Fluffy Breadstick Seasoned Peas	23 Cheese Lasagna Roll with Fluffy Breadstick Seasoned Green Beans	24 Waffles with Syrup Egg and Cheese Omelet Hash Brown Patty	25 Classic Cheese Pizza Seasoned Carrots
28 No School	29 No School	30 No School	31 No School	
<i>Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk) :</i>				
<b>Mondays</b> B. Muffin Fun Lunch	<b>Tuesdays</b> B. Nacho Fun Lunch	<b>Wednesdays</b> B. Cereal Fun Lunch	<b>Thursdays</b> B. Strawberry Yogurt Parfait with Homemade Granola	<b>Fridays</b> B. Sunbutter & Jelly Sandwich with String Cheese

Go to [MyPlate.gov](http://MyPlate.gov) for online personal wellness resources for you and your family.



Questions? Call:

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

