



Chartwells School Dining Services: Rochester Elementary Schools

Lunch Menu November 2021

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 Boscocs with Pizza Dipping Sauce Seasoned Carrots	2 No School	3 Homemade Mac and Cheese Seasoned Cauliflower	4 Waffles with Syrup Turkey Sausage Hash Brown Patty	5 Classic Cheese Pizza Seasoned Green Beans
8 Cheese Quesadilla with Salsa Seasoned Corn	9 Cheese Pizza Sticks with Pizza Dipping Sauce Seasoned Broccoli	10 Hot Dog on Bun Vegetarian Baked Beans	11 Pancakes with Syrup Egg and Cheese Omelet Crispy Tater Tots	12 Classic Cheese Pizza Seasoned Peas
15 Cheese Lasagna Roll Up Seasoned Broccoli	16 French Bread Pizza Seasoned Carrots	17 Turkey Corn Dog Seasoned Corn Prize with Lunch!	18 Waffles with Syrup Scrambled Eggs Hash Brown Patty	19 1/2 Day of School No Lunch Service
22 Rotini with Meatballs and Marinara Sauce Seasoned Green Beans	23 Chicken Nuggets with Breadstick Seasoned Corn	24 No School	25 No School	26 No School
29 Cheeseburger Sweet Potato Puffs	30 Grilled Cheese Sandwich Seasoned Cauliflower			
Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):				
Mondays B. Muffin Fun Lunch	Tuesdays B. Nacho Fun Lunch	Wednesdays B. Cereal Fun Lunch	Thursdays B. Strawberry Parfait with Homemade Granola	Fridays B. Sunbutter & Jelly Sandwich with String Cheese

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



QUESTIONS? CALL:

Food Service Director Tracy Hizer @ 248-726-4650 or

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



Our guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce.

To learn more about Chartwells go to www.EatLearnLive.com

This Month's Fruit and Vegetable Bar Featured Selections: Fresh Apples and Fresh Oranges Available Every Day

Monday	Tuesday	Wednesday	Thursday	Friday
November 1st-November 5th				
Celery Sticks		Cucumber Coins	Watermelon Cubes	Dark Green Tossed Salad
Chilled Applesauce		Three Bean Salad	Grape Juice	Broccoli Florets
Baby Carrots		Cherry Tomatoes	Fresh Baby Carrots	Chilled Peaches
November 8th-November 12th				
Chilled Power Peas	Cucumber Coins	Cherry Tomatoes	Watermelon Cubes	Broccoli Florets
Fresh Baby Carrots	Celery Sticks	Baby Carrots	Red Pepper Strips	Dark Green Salad
Dried Cranberries	Chilled Applesauce	Chilled Peaches	Apple Juice	Fresh Banana
November 15th-November 19th				
Green Pepper Strips	Cherry Tomatoes	Citrus Kidney Bean Salad	Watermelon Cubes	
Baby Carrots	Cucumber Coins	Cherry Tomatoes	Broccoli Florets	
Cinnamon Bananas	Chilled Pears	Chilled Peaches	Orange Juice	
November 22nd-November 26				
Three Bean Salad	Baby Carrots			
Chilled Mixed Fruit	Chilled Power Peas			
Celery Sticks	Raisins			
November 29th-November 30th				
Celery Sticks	Chilled Power Peas			
Baby Carrots	Cherry Tomatoes			
Raisins	Chilled Applesauce			