



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu October 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 Classic Cheese Pizza Seasoned Green Beans
4 Cheese Quesadilla with Salsa Seasoned Corn	5 Cheese Pizza Sticks with Pizza Dipping Sauce Seasoned Green Beans	6 Homemade Mac and Cheese Seasoned Cauliflower	7 Pancakes with Syrup Egg and Cheese Omelet Hash Brown Patty	8 No School
11 No School	12 French Bread Pizza Seasoned Broccoli	13 Turkey Corn Dog Seasoned Corn	14 Waffles with Syrup Scrambled Eggs Crispy Tots	15 Classic Cheese Pizza Seasoned Peas
18 Rotini with Meatballs and Marinara Sauce Seasoned Broccoli	19 Chicken Nuggets with Breadstick Seasoned Corn	20 Cheese Lasagna Roll Up Seasoned Green Beans	21 Pancakes with Syrup Turkey Sausage Hash Brown Patty	22 Classic Cheese Pizza Seasoned Carrots
25 Cheeseburger Sweet Potato Puffs	26 Prize with Lunch! Grilled Cheese Sandwich Seasoned Cauliflower	27 Hot Dog on Bun Vegetarian Baked Beans	28 Pancakes with Syrup Egg and Cheese Omelet Crispy Tots	29 Classic Cheese Pizza Seasoned Corn
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. Muffin Fun Lunch	B. Nacho Fun Lunch	B. Cereal Fun Lunch	B. Strawberry Parfait with Homemade Granola	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
October 1st				
				Dark Green Tossed Salad
				Broccoli Florets
				Chilled Peaches
October 4th-October 8th				
Chilled Power Peas	Cucumber Coins	Zucchini Strips	Watermelon Cubes	
Fresh Baby Carrots	Celery Sticks	Citrus Kidney Bean Salad	Fresh Baby Carrots	
Dried Cranberries	Chilled Applesauce	Chilled Peaches	Apple Juice	
October 11th-October 15th				
	Cherry Tomatoes	Broccoli Florets	Watermelon Cubes	Cherry Tomatoes
	Three Bean Salad	Cucumber Coins	Fresh Baby Carrots	Dark Green Tossed Salad
	Fresh Pear	Chilled Peaches	Grape Juice	Fresh Pear
October 18th-October 22nd				
Chilled Power Peas	Citrus Kidney Bean Salad	Celery Sticks	Red Pepper Strips	Broccoli Florets
Fresh Cinnamon Apple Slices	Cucumber Coins	Cherry Tomatoes	Watermelon Cubes	Dark Green Sald
Cucumber Coins	Raisins	Fresh Pear	Orange Juice	Fresh Banana
October 25th-October 29th				
Zucchini Strips	Chilled Power Peas	Celery Sticks	Watermelon Cubes	Cherry Tomatoes
Red Pepper Strips	Fresh Baby Carrots	Chilled Power Peas	Broccoli Florets	Chilled Peaches
Cinnamon Banana	Dried Cranberries	Chilled Mixed Fruit	Apple Juice	Dark Green Tossed Salad