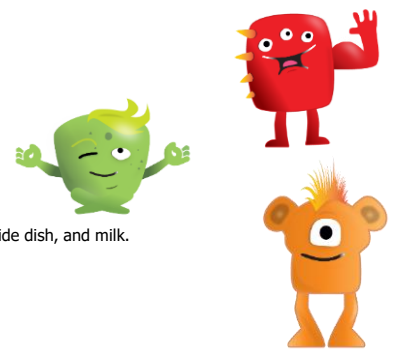




# MOOD BOOST



## Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu September 2022 Student lunch \$3.00 Reduced price \$.40 Adult 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 Waffles With Syrup Turkey Sausage Patty Crispy Tater Tots Fruit & Veggie Bar	2 No School
5 Happy Labor Day!	6 WG Grilled Cheese Sandwich Seasoned Cauliflower Fruit & Veggie Bar	7 WG Popcorn Chicken Bites with WG Fluffy Breadstick Mashed Potatoes and Gravy Seasoned Corn Fruit & Veggie Bar	8 WG Pancakes with Syrup Egg and Cheese Omelet Hash Brown Patty Fruit & Veggie Bar	9 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar
12 Rotini Pasta with Meatballs & Marinara Sauce Seasoned Green Beans Fruit & Veggie Bar	13 Turkey Nachos with Homemade Queso WG Tostito Scoops Seasoned Pinto Beans Fruit & Veggie Bar	14 WG French Bread Pizza <b>Lucky Tray Day!</b> Seasoned Carrots Fruit & Veggie Bar	15 WG French Toast Sticks with Syrup Scrambled Eggs Crispy Tater Tots Fruit & Veggie Bar	16 WG Classic Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar
19 WG Cheese Quesadilla with Salsa Seasoned Corn <b>Prize with Lunch Purchase!</b> Fruit & Veggie Bar	20 Homemade Mac and Cheese with WG Fluffy Breadstick Seasoned Cauliflower Fruit & Veggie Bar	21 WG Popcorn Chicken Bites with Sweet and Sour WG Lucky Fried Rice Roasted Carrot Coins Fruit & Veggie Bar	22 Waffles with Syrup Turkey Sausage Hash Brown Patty Fruit & Veggie Bar	23 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar
26 WG Lasagna Roll Up WG Fluffy Breadstick Seasoned Broccoli Fruit & Veggie Bar	27 Beef Pepperoni Calzone with Pizza Dipping Sauce Seasoned Green Beans Fruit & Veggie Bar	28 Hot Dog on a WG Bun Vegetarian Baked Beans Sweet Potato Fries Fruit & Veggie Bar	29 WG Pancakes with Syrup and Cheese Omelet Egg Crispy Tater Tots Fruit & Veggie Bar	30 WG Classic Cheese Pizza Seasoned Carrots Fruit & Veggie Bar
<b>Alternate Entrees</b> (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):				
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
B. Cereal Fun Lunch	B. Strawberry Parfait with Homemade Granola	B. WG Nacho Fun Lunch	B. Garden Cheese Salad with WG Breadstick	B. Turkey and Cheese on WG Hoagie
C. WG Bosco Cheese Sticks w/ Pizza Sauce	C. WG Chicken Nuggets with WG Breadstick	C. Cheeseburger on WG Bun	C. WG Corn Dog	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: Performance Nutrition: Food for energy**  
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
<b>September 1st-September 2 nd</b>				
			Broccoli Salad with Raisins	
			Fresh Baby Carrots	
			Apple Juice	
			Chilled Peaches	
<b>September 5th-September 9th</b>				
Marinated Cucumbers	Fresh Baby carrots	Celery sticks	Broccoli Ranch Salad	Dark Green Tossed Salad
Dried Cranberries	Orange Wedges	Broccoli Florets	Fresh Baby Carrots	Cherry Tomatoes
Chilled Pears	Red Pepper Strips	Citrus Kidney Bean Salad	Grape Juice	Cinnamon Peaches
Fresh Apple	Rosy Applesauce	Chilled Mixed Fruit	Chilled Peaches	Fresh Banana
<b>September 12th-September 16th</b>				
Chilled Power Peas	Green Pepper Strips	Celery Sticks	Red Pepper Strips	Cherry Tomatoes
Cherry Tomatoes	Fresh Baby Carrots	Cucumber Coins	Fresh Baby Carrots	Dark Green Tossed Salad
Chilled Applesauce	Dried Cranberries	Raisins	Orange Juice	Cinnamon Applesauce
Cinnamon Bananas	Chilled Pineapple	Fresh Orange Wedges	Chilled Peaches	Chilled Mixed Fruit
<b>September 19th-September 23rd</b>				
Cucumber Coins	Fresh Baby Carrots	Broccoli Florets	Broccoli Salad with Raisins	Cherry Tomatoes
Dried Cranberries	Rosy Applesauce	Chilled Pineapple	Fresh Baby Carrots	Dark Green Tossed Salad
Chilled Peaches	Raisins	Citrus Kidney Bean Salad	Apple Juice	Fresh Banana
Celery Sticks	Orange Wedges	Celery sticks	Chilled Peaches	Chilled Pears
<b>September 26th-September 30th</b>				
Chilled Mixed Fruit	Chilled Pineapple	Celery sticks	Red Pepper Strips	Cherry Tomatoes
Chilled Power Peas	Fresh Baby carrots	Rosy Applesauce	Fresh Baby Carrots	Dark Green Tossed Salad
Cinnamon Bananas	Fresh Apple	Green Pepper Strips	Grape Juice	Cinnamon Peaches
Cucumber Coins	Marinated Cucumbers	Chilled Pears	Chilled Peaches	Chilled Mixed Fruit