



Chartwells Dining Services at RCS Secondary Schools
Breakfast Menu: November 1- November 30, 2017
Student Breakfast \$1.30 Reduced Price \$0.30

A full student breakfast includes a choice of entrée supplying grains or grain and protein, 1 cup fruit side dish, and a choice of milk.

Milk choices include 1% white and skim chocolate.

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sausage, Egg, and Cheese Breakfast Pizza Chilled Mandarin Oranges Apple Juice	2 Mini Pancakes Syrup Chilled Mixed Fruit Apple Juice	3 WG French Toast Sticks Syrup Chilled Peaches Apple Juice
6 WG French Toast Sticks Syrup Chilled Peaches Apple Juice	7 No School	8 Cinnamon Oatmeal Toasted English Muffin Chilled Pears Apple Juice	9 Egg and Bacon Breakfast Pizza Chilled Mixed Fruit Orange Juice	10 Berry Breakfast Wrap Chilled Peaches Apple Juice
13 Mini Pancakes Syrup Chilled Applesauce Apple Juice	14 Turkey Ham, Egg & Cheese Bagel Chilled Pears Apple Juice	15 WG Pancakes with Syrup Chilled Peaches Apple Juice	16 Egg and Cheese Breakfast Bagel Fresh Banana Apple Juice	17 Egg and Sausage Breakfast Pizza Chilled Pineapple Apple Juice
20 Turkey Sausage Pancake Wrap Chilled Peaches Apple Juice	21 Mini Waffles Syrup Chilled Applesauce Apple Juice	22 No School	23 Happy Thanksgiving!	24 No School
27 Breakfast Tacos Raisins Orange Juice	28 Turkey Sausage Pancake Wrap Chilled Peaches Apple Juice	29 Egg and Bacon Breakfast Pizza Chilled Peaches Orange Juice	30 Mini Pancakes Syrup Chilled Mixed Fruit Apple Juice	

Alternate Entrees (available with choice of milk):

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Whole Grain Bagels Yogurt Fruit Parfait with Granola Banana Chocolate Chunk BeneFIT Bar	Whole Grain Bagels Yogurt Fruit Parfait with Granola Banana Chocolate Chunk BeneFIT Bar	Whole Grain Bagels Yogurt Fruit Parfait with Granola Banana Chocolate Chunk BeneFIT Bar	Whole Grain Bagels Yogurt Fruit Parfait with Granola Banana Chocolate Chunk BeneFIT Bar	Whole Grain Bagels Yogurt Fruit Parfait with Granola Banana Chocolate Chunk BeneFIT Bar



Go to ChooseMyPlate.gov for online personal wellness resources for you and your family.

Questions or comments? Please Call Tracy Hizer, Food Service Director at 248-726-4650 or Asst Food Service Directors Tamara Brazelton or Marci Flaherty at 248-726-4601 or 248-726-4603

Please make checks payable to Rochester Community Schools Foodservice.
School Foodservice Information Price: \$1.30 paid, \$.30 reduced*, free* (*if qualified)
 No advanced registration necessary! All students welcome every day!

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Serving Time: 7:00-7:30

This month's food focus is Legumes

Price: \$1.30 paid, \$.30 reduced, *free* (if qualified)

This month's food focus is Legumes- Eat Local in the cafeteria!

School Foodservice Information

Serving Time: 7:00-7:30 **Price:** \$1.30paid, \$.30reduced*, free* (*if qualified)

No advance registration necessary! All students are welcome every day!

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

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