

So what makes Rochester Public School lunch so different...?

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

Our new 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
- Include a la carte snacks and beverages that meet our strict Balanced Choices nutritional parameters
- 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.
- We cook from scratch first wherever possible
- We run an unlimited fruit and vegetables program.
- We buy regional local produce from our partner farmers.
- We serve multitude of whole grains every day.
- We are Trans fat and partially hydrogenated oil free.
- We serve only premium cold cuts.
- We never deep fat fry anything.
- We use only low fat mayonnaise.

