

ROHAN WOODS SCHOOL HEALTHY HABITS MENU Healthy Habits Menu-January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WONDAT	10E3DA1	2	3	
HAPPYNEW 2019 YEAR	NO SCHOOL	WIN	TER C	
7	8	9	10	11
	WELCOME BACK!	Beef Dippers	CHICK-FIL-A	Pizza
NO SCHOOL	Chicken Pot Pie	Mashed Potatoes	French Fries	Salad
	Green Beans	Gravy	Corn	Chips
	Pasta	Broccoli	Peaches	Pineapples
	Mandarin Oranges	Fresh Fruit/Seasonal	Milk, Fat Free	Milk, Fat Free
	Milk, Fat Free	Cookies		
		Milk, Fat Free		
	ALTERNATE ENTREES	ALTERNATE ENTREES	ALTERNATE ENTREES	ALTERNATE ENTREES
	Baked Chicken Breast	Baked Chicken Breast	Baked Chicken Breast	Baked Chicken Breast
	Soy Nuggets	Soy Nuggets	Soy Nuggets	Soy Nuggets
14	Veggie Burger 15	Veggie Burger 16	Veggie Burger 17	Veggie Burger 18
French Toast Sticks	Crunchy Taco	Chicken Drumstick	Grilled Cheese	Chicken Strips
Tator Tots	Corn	Mashed Potatoes	Soup	Buttered Noodles
Bacon	Spanish Rice	Gravy	Broccoli	Green Beans
Yogurt	Fresh Fruit/Seasonal	Carrots	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal
Applesauce	Milk, Fat Free	Fresh Fruit/Seasonal	Milk, Fat Free	Milk, Fat Free
Milk, Fat Free	·	Brownie	·	·
		Milk, Fat Free		
ALTERNATE ENTREES	ALTERNATE ENTREES	ALTERNATE ENTREES	ALTERNATE ENTREES	ALTERNATE ENTREES
Baked Chicken Breast	Baked Chicken Breast	Baked Chicken Breast	Baked Chicken Breast	Baked Chicken Breast
Soy Nuggets	Soy Nuggets	Soy Nuggets	Soy Nuggets	Soy Nuggets
Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger
21	22	23		25
No coupou	Grilled Cheeseburger	Corn Dogs	RW Pizza	NO COLLOGI
NO SCHOOL	French Fries Corn	Rice Green Beans	Salad Chips	NO SCHOOL
	Fresh Fruit/Seasonal	Apples	Fresh Fruit/Seasonal	
	Milk, Fat Free	Rice Krispies Treat	Milk, Fat Free	
MARTIN	,	Milk, Fat Free	,	
MARTIN LUTHER		,		
KING JR.	ALTERNATE ENTREES	ALTERNATE ENTREES	ALTERNATE ENTREES	
Day	Baked Chicken Breast	Baked Chicken Breast	Baked Chicken Breast	
to said	Soy Nuggets	Soy Nuggets	Soy Nuggets	
	Veggie Burger	Veggie Burger	Veggie Burger	
28	29	30		
Waffles Chicken Waffle	Hot Dogs	Cheese Quesadilla Seasoned Noodles	CHICK-FIL-A French Fries	
Tri-Tator	Rice Green Beans	Seasoned Noodles Corn	Broccoli	a.
Oranges	Applesauce	Pears	Fresh Fruit/Seasonal	re _x
Milk, Fat Free	Milk, Fat Free	Cookies	Milk, Fat Free	
ivility rue rice	willing rate rece	Milk, Fat Free	ivility rue rree	
ALTERNATE ENTREES	ALTERNATE ENTREES	ALTERNATE ENTREES	ALTERNATE ENTREES	
Baked Chicken Breast	Baked Chicken Breast	Baked Chicken Breast	Baked Chicken Breast	
Soy Nuggets	Soy Nuggets	Soy Nuggets	Soy Nuggets	
Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	
Choice of Hot Lunch or Salad Bar Daily				
Lemon and Orangeade on Special Occasions Yogurt Available on Request				

F**S**c.