



ROHAN WOODS SCHOOL HEALTHY HABITS MENU

Healthy Habits Menu-January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	NO SCHOOL	WINTER CAMP		
7	8	9	10	11
NO SCHOOL	<u>WELCOME BACK!</u> Chicken Pot Pie Green Beans Pasta Mandarin Oranges Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Beef Dippers Mashed Potatoes Gravy Broccoli Fresh Fruit/Seasonal Cookies Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	CHICK-FIL-A French Fries Corn Peaches Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Pizza Salad Chips Pineapples Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger
14	15	16	17	18
French Toast Sticks Tator Tots Bacon Yogurt Applesauce Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Crunchy Taco Corn Spanish Rice Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Chicken Drumstick Mashed Potatoes Gravy Carrots Fresh Fruit/Seasonal Brownie Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Grilled Cheese Soup Broccoli Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Chicken Strips Buttered Noodles Green Beans Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger
21	22	23	24	25
NO SCHOOL 	Grilled Cheeseburger French Fries Corn Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Corn Dogs Rice Green Beans Apples Rice Krispies Treat Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	RW Pizza Salad Chips Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	NO SCHOOL
28	29	30	31	
Waffles Chicken Waffle Tri-Tator Oranges Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Hot Dogs Rice Green Beans Applesauce Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Cheese Quesadilla Seasoned Noodles Corn Pears Cookies Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	CHICK-FIL-A French Fries Broccoli Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	

Choice of Hot Lunch or Salad Bar Daily
Yogurt Available on Request

Lemon and Orangeade on Special Occasions



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