










ROHAN WOODS SCHOOL HEALTHY HABITS MENU



Healthy Habits Menu-March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Belgian Waffles Bacon Tri-Tator Strawberry Yogurt Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Popcorn Chicken Mashed Potatoes Corn Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	<i>Early Dismissal</i> Cheese Pizza French Fries Green Beans Applesauce Cookies Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Chicken Pot Pie Noodles Broccoli Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Grilled Cheese Tomato Soup Green Peas Mixed Fruit Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger
9	10	11	12	13
Chili Dog Tri-Tator Carrots Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Walking Tacos Spanish Rice Corn Applesauce Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Chicken Drumstick Mashed Potatoes Green Beans Fresh Fruit/Seasonal Cookies Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Toasted Ravioli Bow Tie Pasta Broccoli Peaches Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Fish Sandwich French Fries Green Peas Mandarin Oranges Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger
16	17	18	19	20
				
23	24	25	26	27
				
30	31			
<i>Welcome Back!</i> French Toast Sticks Tator Tots Bacon Oranges Milk, Fat Free <u>ALTERNATE ENTREES</u> Baked Chicken Breast Soy Nuggets Veggie Burger	Walking Taco Rice Pilaf Corn 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

Lemon and Orangeade on Special Occasions

Yogurt Available on Request

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrée).



Food Service Consultants, Inc.

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