



# ROHAN WOODS SCHOOL HEALTHY HABITS MENU

## Healthy Habits Menu-September 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 2 3				
 <b>September</b>		Baked Chicken Strips Seasoned Potatoes Green Peas Fresh Fruit Chocolate Pudding Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Toasted Ravioli Bow Tie Noodles Broccoli Mixed Fruit Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Cheese Pizza Smiley Fries Tossed Salad Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>
6 7 8 9 10				
 <b>HAPPY LABOR DAY!</b>   <b>No School</b>	Walking Taco Corn Rice Pilaf Apple Sauce Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Mini Corn Dogs Broccoli Seasoned Noodles Oranges Vanilla Pudding Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Turkey & Cheese Wrap Tossed Salad Chips Mixed Fruit Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Popcorn Shrimp French Fries Green Beans Fresh Fruit Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>
13 14 15 16 17				
Waffles Bacon Tator Tots Strawberry Yogurt Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Grilled Chicken Taco Corn Spanish Rice Peaches Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Grilled Hamburger Green Beans French Fries Mixed Fruit Cookie Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Pasta Day!! Bosco Stick Broccoli Fresh Fruit Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Chicken Snack Wrap Tossed Salad Chips Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>
20 21 22 23 24				
Pancake Sausage Tator Tots Vanilla Yogurt Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Soft Taco Rice Corn Applesauce Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Pepperoni Pizza Tossed Salad French Fries Fresh Fruit Cookie Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Lasagna Broccoli Breadstick Peaches Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Fish Sticks Seasoned Potatoes Green Beans Fresh Fruit Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>
27 28 29 30				
French Toast Sticks Bacon Yogurt Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Grilled Cheese Tomato Soup Greens Peas Goldfish Applesauce Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Boneless Chicken Drumsticks Mashed Potato Corn Fresh Fruit Rice Krispies Treat Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	Chicken Sandwich Rice Pilaf Green Beans Mixed Fruit Milk, Fat Free  <u>ALTERNATE ENTREES</u> <i>Baked Chicken Breast</i> <i>Soy Nuggets</i> <i>Veggie Burger</i>	

Chocolate Milk on Fridays

Dessert on Wednesdays



Food Service Consultants, Inc.

"A Local Company Serving You With Pride"

