

October

Rohan Woods School

FOOD IN FOCUS



Salad Bar Available Daily For Staff & 6th Graders

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chili Crackers Vegetable Medley Frosted Cherries 1	Chicken Rings French Fries Carrot Sticks Strawberry & Banana Smoothie Teddy Grahams 2	Beef and Cheese Nachos Pico De Gallo Corn Apple Slices 3	Chicken Soup Smiley Faces Cheesy Broccoli Mango Smoothie 4
Emoji Waffles Hashbrown Bacon Mandarin Oranges 7	Chicken Caesar Salad Bosco Stick Carrot Sticks Pineapple 8	Toasted Beef or Cheese Ravioli French Fries Cucumber Bananas Caramelized Apple 9	Chicken Tenders Mashed Potatoes Cherry Tomatoes Fresh Honeydew 10	FALL BREAK NO SCHOOL 11
Pasta w/ Meat or Red Sauce Bread Stick Celery & Carrots Blueberry Parfait 14	Cheese Mini Pizza Tossed Salad Corn Pears 15	Sloppy Joe French Fries Carrots Sticks Peaches Chocolate Pudding 16	Walking Tacos Pico De Gallo Corn Strawberry & Banana Smoothie 17	CONFERENCES NO SCHOOL 18
Chicken Fajita Fiesta Rice Fajita Veggies Orange Slices 21	Toasted Beef or Cheese Ravioli Pasta Salad Cooked Carrots Frosted Cherries 22	Mini Corn Dogs Broccoli Strawberry Parfait Rice Krispy Treat 23	Chili Crackers Vegetable Medley Fresh Grapes 24	Cheeseburger French Fries Green Beans Fresh Honeydew 25
Chicken Soup Bread Stick Broccoli Fresh Strawberries 28	Dino Nuggets Mac & Cheese Cherry Tomatoes Apple Slices 29	Beef and Cheese Nachos Corn Pineapple Jell-O 30	Pasta w/ Meat or Red Sauce Mashed Potatoes Vegetable Medley Mango Parfait 31	

Other Daily Options:

PB&J Sandwich

PB Sandwich

Cheese Sandwich

Ham Sandwich

Ham & Cheese Sandwich

Turkey Sandwich

Turkey & Cheese Sandwich

Soy Nuggets

Chicken Breast

Bean Burrito

