



ROHAN WOODS SCHOOL HEALTHY HABITS MENU

Healthy Habits Menu-April 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
NO SCHOOL				
2				
3				
4				
WELCOME BACK! *Mostaccioli Tossed Salad Lite Italian Dressing Peaches Breadstick Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	CHICK FIL A DAY Chicken Tender Slider French Fries Fresh Fruit/Seasonal Milk, Fat Free  <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	STUDENTS' MENU Spaghetti with Meat Sauce Green Beans Breadstick Brownies Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	PAPA JOHNS PIZZA French Fries Carrot Sticks Milk, Fat Free  <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	*Toasted Ravioli Green Beans Mandarin Oranges Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>
5	6	7	8	9
Scrambled Eggs *Bacon Tator Tots Yogurt Fresh Fruit/Seasonal Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	*Chicken Drumstick Buttered Noodles Mixed Vegetables Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	STUDENTS' MENU Lasagna Mashed Potatoes and Gravy Breadstick Corn Root Beer Soda Floats Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	MEXICAN MUNCHIES! Soft Taco Spanish Rice Lettuce & Tomato Salad Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	Hamburger on WG Bun *Baked Fries Carroteenies Fresh Fruit/Seasonal Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>
10	11	12	13	14
Hot Dog on WG Bun Steamed Broccoli *Seasoned Fries Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	*Cheese Quesadilla Spanish Rice Corn Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	STUDENTS' MENU French Toast Sticks Bacon Wedge Potatoes Strawberries Sugar Cookies Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	Chicken Fettuccine Alfredo Steamed Broccoli Breadstick Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>
15	16	17	18	19
*Pizza Stix Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	CHICK FIL A DAY Chicken Tender Slider French Fries Fresh Fruit/Seasonal Milk, Fat Free  <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	STUDENTS' MENU Popcorn Chicken French Fries Green Beans Strawberries Milk, Fat Free ICE CREAM <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	Chicken & Cheese Enchiladas Mexican Corn Fresh Fruit/Seasonal Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>	* Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Milk, Fat Free <i>Fresh Deli Bar</i> <i>Deluxe Salad Bar with</i> <i>Fresh Fruits & Veggies</i>
20	21	22	23	24
25	26	27	28	29

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.



Food Service Consultants, Inc.

"Serving You With Pride"

