



OCTOBER ROCKETSHIP

Breakfast Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 WG Red Rabbit O's WW Mini Bagel Green Apples 1% & Fat-Free Milk	1 WG Homemade Granola w/ Dried Cranberries Red Rabbit O's Pears 1% & Fat-Free Milk	2 WW Mini Bagel w/ Cream Cheese & Jelly Red Rabbit O's Bananas 1% & Fat-Free Milk	3 WG Strawberry Bread Red Rabbit O's Watermelon 1% & Fat-Free Milk	4 WG Baked Blueberry Oatmeal Red Rabbit O's Honeydew 1% & Fat-Free Milk
7 WG Raisin Bran WW Mini Bagel Green Apples 1% & Fat-Free Milk	8 WW Mini Bagel w/ Cream Cheese Red Rabbit O's Pears 1% & Fat-Free Milk	9 WG English Muffin w/ Butter & Jelly Red Rabbit O's Bananas 1% & Fat-Free Milk	10 WG Chocolate Chip Bread Red Rabbit O's Watermelon 1% & Fat-Free Milk	11 WG Mango Overnight Oats Red Rabbit O's Honeydew 1% & Fat-Free Milk
14 School Closed	15 WG Red Rabbit O's WW Mini Bagel Bananas 1% & Fat-Free Milk	16 Peach Yogurt & WG Granola Red Rabbit O's Green Apples 1% & Fat-Free Milk	17 WW Mini Bagel w/ Cream Cheese Red Rabbit O's Bananas 1% & Fat-Free Milk	18 WG Baked Maple Oatmeal Red Rabbit O's Honeydew 1% & Fat-Free Milk
21 WG Red Rabbit O's w/ Craisins & Chocolate Chips, WW Mini Bagel Apples 1% & Fat-Free Milk	22 Blueberry Yogurt w/ WG Granola Red Rabbit O's Bananas 1% & Fat-Free Milk	23 WG Banana Bread Red Rabbit O's Green Apples 1% & Fat-Free Milk	24 WG Cinnamon Brown Sugar Overnight Oats Red Rabbit O's Bananas 1% & Fat-Free Milk	25 WW Mini Bagel w/ Cream Cheese & Jelly Red Rabbit O's Pears 1% & Fat-Free Milk
28 Red Rabbit O's WW Mini Bagel Apples 1% & Fat-Free Milk	29 WW Mini Bagel w/ Cream Cheese Red Rabbit O's Bananas 1% & Fat-Free Milk	30 Strawberry Yogurt & WG Granola Red Rabbit O's Apples 1% & Fat-Free Milk	31 WG Blueberry Bread Red Rabbit O's Bananas 1% & Fat-Free Milk	1 WG Chocolate Chip Baked Oatmeal Red Rabbit O's Pears 1% & Fat-Free Milk



OCTOBER ROCKETSHIP

Lunch Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30 WG Creamy Pesto Pasta Ricotta & Mozzarella</p> <p>Sugar Snap Peas Cherry Tomatoes</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>1 Garlic Ginger Chicken WG Fried Rice</p> <p>Steamed Edamame Roasted Carrots</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>1 WG Chili Macaroni</p> <p>Potato Wedges w/ Peppers & Onions Sour Cream & Cheese</p> <p>Apples 1% & Fat-Free Milk</p>	<p>3 Jerk Chicken Brown Rice & Peas</p> <p>Green Cabbage Sautéed Peppers</p> <p>Peaches 1% & Fat-Free Milk</p>	<p>4 Chipotle Chicken Salad WG Roll</p> <p>Lettuce & Tomatoes Celery w/ Ranch</p> <p>Pears 1% & Fat-Free Milk</p>
<p>7 Turkey Bolognese Mozzarella & Parmesan WG Spaghetti Pasta</p> <p>Sautéed Mushrooms & Spinach</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>8 BBQ Chicken WG Cornbread</p> <p>Collard Greens Black Eyed Peas</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>9 WG Rasta Pasta Mozzarella & Parmesan</p> <p>Green Beans Peppers, Onions, Tomatoes</p> <p>Apples 1% & Fat-Free Milk</p>	<p>10 Beef Tacos WG Tortilla</p> <p>Refried Beans Pico de Gallo, Cheddar Cheese</p> <p>Peaches 1% & Fat-Free Milk</p>	<p>11 WG Chicken Pita Pocket</p> <p>Cucumber & Onion Salad Sweet Potato Fries</p> <p>Pears 1% & Fat-Free Milk</p>
<p>14</p> <p>School Closed</p>	<p>15 WG Three Cheese Macaroni Mozzarella & Cheddar</p> <p>Roasted Cherry Tomatoes Roasted Brussels Sprouts</p> <p>Peaches 1% & Fat-Free Milk</p>	<p>16 Mojo Chicken Rice Bowl Cilantro Lime Brown Rice</p> <p>Black Beans Roasted Plantains</p> <p>Watermelon 1% & Fat-Free Milk</p>	<p>17 Beef Stew WG Dinner Roll</p> <p>Sauteed Potatoes & Carrots</p> <p>Apples 1% & Fat-Free Milk</p>	<p>18 Mambo Chicken Vegetable WG Fried Rice</p> <p>Sautéed Yellow Peppers & Bok Choy</p> <p>Pears 1% & Fat-Free Milk</p>
<p>21 Teriyaki Ground Turkey Seasoned Brown Rice</p> <p>Roasted Broccoli Assorted Peppers</p> <p>Peaches 1% & Fat-Free Milk</p>	<p>22 Butter Chicken WG Garlic Naan</p> <p>Roasted Cauliflower Red Peppers</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>23 Beef Sloppy Joe WG Burger Bun</p> <p>Herb-Roasted Potatoes Roasted Carrots</p> <p>Watermelon 1% & Fat-Free Milk</p>	<p>24 Bang Bang Chicken Tacos WG Tortilla</p> <p>Black Beans Corn Salad & Cabbage</p> <p>Apples 1% & Fat-Free Milk</p>	<p>25 Creamy WG Pasta Primavera Mozzarella & Parmesan</p> <p>Roasted Tomatoes & Spinach WG Garlic Bread</p> <p>Pineapple 1% & Fat-Free Milk</p>
<p>28 Black Bean Taco Bowl WG Cilantro Rice</p> <p>Tomatoes, Peppers, Onions Sour Cream</p> <p>Peaches 1% & Fat-Free Milk</p>	<p>29 Mashed Potato Bowl WG Dinner Roll</p> <p>Red Skin Mashed Potatoes Fiesta Corn w/ Cheddar Cheese</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>30 Deconstructed Egg Rolls Seasoned Brown Rice</p> <p>Edamame Broccoli, Cabbage, Onions</p> <p>Watermelon 1% & Fat-Free Milk</p>	<p>31 Three Cheese WG Lasagna Mozzarella & Ricotta</p> <p>Sautéed Zucchini & Carrots Yellow Squash, Garlic Bread</p> <p>Apples 1% & Fat-Free Milk</p>	<p>1 Chicken Caesar Salad WG Garlic Herb Croutons</p> <p>Romaine, Cherry Tomatoes Homemade Dressing</p> <p>Pineapple 1% & Fat-Free Milk</p>



September 2-6

Classic Menu Rocketship

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	No Service	Red Rabbit O's Cereal WG	WG Bagel w/ Strawberry Cream Cheese	Chocolate Chip Bread	Mango Overnight Oats
	Labor Day	Apples	Oranges	Banana	Apple
		Low Fat (1%) / Fat-Free Milk	Low-Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk
LUNCH	No Service	Curried Chickpeas & Potatoes Brown Coconut Herb Rice	Ground Turkey Bolognese Spaghetti Parmesan Cheese	Ground Beef Tacos Warm Tortillas	Mediterranean Chicken Pita Pocket Tzatziki
	Labor Day	Sweet Peas Overn Roasted Plantains	Sauteed *Spinach & *Mushrooms	Refried Beans *Pico de Gallo & Cheese	*Cucumber & *Onion Salad Edamame
		Pears Low-fat (1%) / Fat-free Milk	*Watermelon Low Fat (1%) / Fat-Free Milk	Pineapple Low Fat (1%) / Fat-Free Milk	Strawberries Low Fat (1%) / Fat Free Milk
SNACK					

WG= Whole Grain
A whole grain is a grain that has not had its nutrient-rich germ and bran removed, and therefore does not need enrichment. These menu items contain at least 50 percent whole grains.

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* Denotes DC Local Ingredient



September 9-13
Classic Menu
 Rocketship

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chex Cereal	Pumpkin Spice Bread	Peach Yogurt Granola	WG Bagels w/ Cream Cheese	Baked Maple Oatmeal
	Apples	Clementines	Strawberries	*Cantaloupe	Bananas
	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low-Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk
LUNCH	Homemade Three Cheese Mac w/ Toasted Breadcrumbs	Fall's Bounty Salad Mixed Greens, Feta Cheese, Blackberries, Blueberries & *Cucumbers Lemon Herb Croutons	Mojo Chicken Rice Bowl Cilantro Lime Brown Rice	Savory Beef Stew	Mumbo Chicken Vegetable Fried Rice
	Roasted Red Peppers & Brussel Sprouts	Homemade Berry Balsamic Vinaigrette	Black Beans Corn Salad	Potatoes & Carrots Warm Dinner Rolls	Yellow Peppers Bok Choy
	Pears Low-fat (1%) / Fat-free Milk	*Watermelon Low-fat (1%) / Fat-free Milk	Apple Low Fat (1%) / Fat-Free Milk	Pears Low Fat (1%) / Fat-Free Milk	Pineapple Low Fat (1%) / Fat Free Milk
SNACK					

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Classic Menu

Rocketship

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	RR Toasty O's w/ Mini Marshmallows & Chocolate Chips	Yogurt w/ Granola Strawberry Compote	WG Banana Bread	Cinnamon Brown Sugar Overnight Oats	Bagels w/ Cream Cheese & Jelly
	*Peaches	Clementines	Apples	Bananas	Pears
	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low-Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk
LUNCH	Creamy Pasta Primavera Mozzarella Cheese	Butter Chicken Garlic Naan	Ground Beef Sloppy Joes Ciabatta Roll	Bang Bang Chicken Tortillas	Teriyaki Turkey Meatballs Seasoned Brown Rice
	Sauteed *Spinach Garlic Breadsticks	Roasted Chickpeas & Cauliflower *Cucumber Yogurt Salad	Herb Roasted Potato Wedges Braised Carrots	*Cabbage Slaw Fresh Tomato Salsa	Roasted Broccoli *Assorted Peppers
	Pears Low-fat (1%) / Fat-free Milk	Clementines Low-fat (1%) / Fat-free Milk	*Watermelon Low Fat (1%) / Fat-Free Milk	Oranges Low Fat (1%) / Fat-Free Milk	Pineapples Low Fat (1%) / Fat Free Milk
SNACK					

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September 23-27

Classic Menu

Rocketship

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	WG Bagels w/ Cream Cheese	Mango Baked Oatmeal	Strawberry Yogurt Granola	Cereal Bar w/ Chocolate Chips	Blueberry Bread
	Pears	*Peaches	Pineapples	Apples	Oranges
	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low-Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk
LUNCH	Crispy Chickpea Ceasar Salad Romaine, Parmesan Cheese & *Cherry Tomatoes Garlic Herb Croutons	Southern Comfort Bowl Grilled Chicken, Red Skinned Smashed Potatoes & Cheese	Beef & Broccoli Seasoned Brown Rice	Three Cheese Lasagna	Chimichurri Chicken Wrap WW Tortilla
	Homemade Ceasar Dressing	Warm Fiesta Corn Salad	Sauteed Red Peppers Caramelized Onions	*Squash Medley Garlic Bread	*Pepper Cabbage Slaw *Tomatoes & *Cucumbers
	Apples Low-fat (1%) / Fat-free Milk	*Watermelon Low-fat (1%) / Fat-free Milk	Plums Low Fat (1%) / Fat-Free Milk	Honeydew Low Fat (1%) / Fat-Free Milk	Pineapple Low Fat (1%) / Fat Free Milk
SNACK					

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