



# NOVEMBER ROCKETSHIP

## Breakfast Menu

\*Menu is subject to change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 WW Mini Bagel w/ Jelly  Pears 1% & Fat-Free Milk
4 Red Rabbit O's  Green Apples 1% & Fat-Free Milk	5 Homemade Granola w/ Dried Cranberries  Bananas 1% & Fat-Free Milk	6 Peach Overnight Oats  Pears 1% & Fat-Free Milk	7 WW Mini Bagel w/ Cream Cheese  Apples 1% & Fat-Free Milk	8 Blueberry Bread  Honeydew 1% & Fat-Free Milk
11  School Closed	12 WG Raisin Bran  Green Apples 1% & Fat-Free Milk	13 WW Mini Bagel w/ Butter & Jelly  Apples 1% & Fat-Free Milk	14 Homemade Granola  Pineapple 1% & Fat-Free Milk	15 Chocolate Chip Overnight Oats  Honeydew 1% & Fat-Free Milk
18 Red Rabbit O's  Apples 1% & Fat-Free Milk	19 WW Mini Bagel w/ Cream Cheese  Oranges 1% & Fat-Free Milk	20 Peach Yogurt & Granola  Bananas 1% & Fat-Free Milk	21 Mixed Berry Bread  Pears 1% & Fat-Free Milk	22 Baked Maple Oatmeal  Honeydew 1% & Fat-Free Milk
25 Red Rabbit O's  Pears 1% & Fat-Free Milk	26 WW Mini Bagel w/ Cream Cheese  Bananas 1% & Fat-Free Milk	27  School Closed	28  School Closed	29  School Closed



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## Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Chicken Caesar Salad WG Garlic Herb Croutons  Spring Mix, Cherry Tomatoes Homemade Dressing  Green Apple 1% & Fat-Free Milk
<b>4</b> WG Creamy Pesto Pasta Ricotta & Mozzarella  Sugar Snap Peas Cherry Tomatoes  Pears 1% & Fat-Free Milk	<b>5</b> Warm Turkey on a WG Wrap Stuffing & Cranberry Sauce  Roasted Cauliflower Roasted Squash  Green Apples 1% & Fat-Free Milk	<b>6</b> Jerk Chicken Brown Rice & Peas  Green Cabbage Caramelized Purple Sweet Potato  Watermelon 1% & Fat-Free Milk	<b>7</b> Loaded Beef Chili WG Macaroni  Potato Wedges Peppers & Onions  Pears 1% & Fat-Free Milk	<b>8</b> Chipotle Chicken Salad WG Roll  Edamame Salad Baby Carrots  Bananas 1% & Fat-Free Milk
<b>11</b>  School Closed	<b>12</b> Turkey Bolognese WG Spaghetti  Sautéed Spinach Roasted Cherry Tomatoes  Bananas 1% & Fat-Free Milk	<b>13</b> Chicken WG Pita Pocket  Cucumber & Onion Salad Sweet Potato Fries Tzatziki Sauce  Cantaloupe 1% & Fat-Free Milk	<b>14</b> WG Rasta Pasta Mozzarella & Parmesan  Sautéed Cabbage Peppers, Onions, Tomatoes  Pears 1% & Fat-Free Milk	<b>15</b> Picadillo Beef Yellow Rice  Mashed Plantains Pickled Red Onions  Green Apples 1% & Fat-Free Milk
<b>18</b> WG Three Cheese Macaroni Mozzarella & Cheddar  Roasted Cherry Tomatoes Roasted Asparagus  Pineapple 1% & Fat-Free Milk	<b>19</b> BBQ Chicken WG Cornbread  Collard Greens Black Eyed Peas  Pear 1% & Fat-Free Milk	<b>20</b> Turkey Fajita Bowl Cilantro Lime Brown Rice  Black Beans Peppers, Onions, Corn, Cotija  Apples 1% & Fat-Free Milk	<b>21</b> Beef Stew WG Dinner Roll  Sauteed Potatoes & Carrots  Watermelon 1% & Fat-Free Milk	<b>22</b> Mambo Chicken Vegetable WG Fried Rice  Sautéed Yellow Peppers Bok Choy  Bananas 1% & Fat-Free Milk
<b>25</b> Curry Chicken Brown Rice  Sautéed Cabbage Potatoes w/ Peppers & Onions  Pears 1% & Fat-Free Milk	<b>26</b> Turkey Dinner Cornbread Stuffing  Red Skin Mashed Potatoes Collard Greens  Fruit Salad 1% & Fat-Free Milk	<b>27</b>  School Closed	<b>28</b>  School Closed	<b>29</b>  School Closed



# NOVEMBER ROCKETSHIP

## Supper Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Cheesy Roll Ups Mozzarella Cheese WW Tortilla  Green Onions, Bell Peppers Mixed Green Salad  Pears Low-fat (1%) / Fat-free Milk
<b>4</b> Black Bean Taco Salad w/ Cheddar Cheese WW Tortilla Strips  Spring Mix, Tomatoes, Sour Cream  Honeydew Low-fat (1%) / Fat-free Milk	<b>5</b> WG Macaroni & Cheese w/ Turkey Bacon  Romaine Lettuce & Tomatoes  Pears Low-fat (1%) / Fat-free Milk	<b>6</b> WW Bagel w/ Turkey Bacon or Cream Cheese  Baby Carrots & Celery w/ Ranch Dressing  Apples Low-fat (1%) / Fat-free Milk	<b>7</b> Southwest Chicken WG Pasta Salad  Black Beans, Tomatoes & Cucumbers  Bananas Low-fat (1%) / Fat-free Milk	<b>8</b> WW Caprese Wrap Mozzarella Cheese  Tomatoes w/ Basil Pesto Spinach Salad  Pineapple Low-fat (1%) / Fat-free Milk
<b>11</b>  School Closed	<b>12</b> Sweet Chili Rice WG Noodles w/ Edamame  Carrots & Bell Peppers Pickled Onions  Apples Low-fat (1%) / Fat-free Milk	<b>13</b> Seasoned Chicken Hummus & WG Pita Chips  Broccoli Florets Sliced Bell Peppers  Plums Low-fat (1%) / Fat-free Milk	<b>14</b> Spinach Caesar WG Pasta Salad w/ Lentils  Tomatoes Spinach  Cantaloupe Low-fat (1%) / Fat-free Milk	<b>15</b> Chipotle Chickpea Tacos WW Tortillas  Pico de Gallo Sour Cream  Pears Low-fat (1%) / Fat-free Milk
<b>18</b> WG Garlic Ginger Tofu WG Noodles  Sautéed Cabbage Peppers & Onions  Bananas Low-fat (1%) / Fat-free Milk	<b>19</b> Cranberry Chicken Salad WG Roll  Lettuce & Tomatoes Cucumber Salad  Green Apples Low-fat (1%) / Fat-free Milk	<b>20</b> Make Your Own WG Pizza Mozzarella Cheese  Carrots w/ Ranch Dressing  Cantaloupe Low-fat (1%) / Fat-free Milk	<b>21</b> WG Macaroni & Cheese w/ Turkey Bacon  Romaine Lettuce & Tomatoes  Apples Low-fat (1%) / Fat-free Milk	<b>22</b> Cheesy Roll Ups Mozzarella Cheese WW Tortilla  Green Onions, Bell Peppers Mixed Green Salad  Pineapple Low-fat (1%) / Fat-free Milk
<b>25</b> Black Bean Elote Salad Brown Rice  Roasted Corn Romaine Lettuce  Cantaloupe Low-fat (1%) / Fat-free Milk	<b>26</b> Bang Bang WG Pasta Salad Edamame  Tomatoes & Cabbage Shredded Cheese Bang Bang Sauce  Bananas Low-fat (1%) / Fat-free Milk	<b>27</b>  School Closed	<b>28</b>  School Closed	<b>29</b>  School Closed



# OCTOBER ROCKETSHIP

## Breakfast Menu

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



# OCTOBER ROCKETSHIP

## Lunch Menu

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



September 2-6

# Classic Menu Rocketship

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	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
<b>LUNCH</b>	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
<b>SNACK</b>					

**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
<b>BREAKFAST</b>	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
<b>LUNCH</b>	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
<b>SNACK</b>					

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	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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