



DECEMBER ROCKETSHIP

Breakfast Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Red Rabbit O's Apples 1% & Fat-Free Milk	3 WW Mini Bagel w/ Cream Cheese Golden Apples 1% & Fat-Free Milk	4 Blueberry Breakfast Crumb Bananas 1% & Fat-Free Milk	5 Strawberry Yogurt & Granola Pineapple 1% & Fat-Free Milk	6 Chocolate Chip Bread Grapes 1% & Fat-Free Milk
9 Red Rabbit O's Green Apples 1% & Fat-Free Milk	10 WW Mini Bagel w/ Cream Cheese Pineapple 1% & Fat-Free Milk	11 Peach Yogurt & Granola Grapes 1% & Fat-Free Milk	12 Homemade Granola w/ Dried Cranberries Apples 1% & Fat-Free Milk	13 Maple Cinnamon Crumb Grapes 1% & Fat-Free Milk
16 Toasty O's w/ Craisins & Chocolate Chips Apples 1% & Fat-Free Milk	17 WW Mini Bagel w/ Cream Cheese Grapes 1% & Fat-Free Milk	18 Blueberry Yogurt w/ Granola Bananas 1% & Fat-Free Milk	19 Festive Cereal Bars Pineapple 1% & Fat-Free Milk	20 School Closed
23 School Closed	24 School Closed	25 School Closed	26 School Closed	27 School Closed
30 School Closed	31 School Closed			



DECEMBER ROCKETSHIP

Lunch Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Black Bean Taco Bowl Cilantro Rice Tomatoes Peppers & Onions Bananas 1% & Fat-Free Milk	3 Herb Roasted Chicken WG Dinner Roll Red Skin Mashed Potatoes Fiesta Corn w/ Cheddar Cheese Grapes 1% & Fat-Free Milk	4 Deconstructed Egg Rolls w/ Ground Beef Seasoned Brown Rice Sauteed Edamame Green Beans, Cabbage, Onions Apples 1% & Fat-Free Milk	5 Three Cheese Baked Penne Cheddar, Ricotta, Parmesan Roasted Zucchini & Yellow Squash Sauteed Carrots Bananas 1% & Fat-Free Milk	6 Chicken Club Sandwich WG Hamburger Bun Potato Wedges Lettuce & Tomatoes Green Apple 1% & Fat-Free Milk
9 WG Creamy Pesto Pasta Ricotta & Mozzarella Sauteed Spinach Cherry Tomatoes Bananas 1% & Fat-Free Milk	10 Jerk Chicken Brown Rice Green Cabbage Caramelized Purple Sweet Potatoes Green Apples 1% & Fat-Free Milk	11 Turkey Dinner Stuffing & Cranberry Sauce Roasted Cauliflower Roasted Squash Bananas 1% & Fat-Free Milk	12 Loaded Beef Chili WG Macaroni Potato Wedges Peppers & Onions Pineapples 1% & Fat-Free Milk	13 Grilled Chicken Tenders WG Dinner Rolls Sweet Potato Fries Roasted Carrots Bananas 1% & Fat-Free Milk
16 Rasta Pasta Mozzarella Cheese Sauteed Cabbage Peppers, Tomatoes, Onions Bananas 1% & Fat-Free Milk	17 Greek Chicken Seasoned Rice Lemon & Oregano Spinach Cut Carrots & Onions Apples 1% & Fat-Free Milk	18 Turkey Tetrizzini WG Fusilli Sauteed Edamame Onions, Celery, Carrots, Peppers Pineapple 1% & Fat-Free Milk	19 Holiday Beef Pot Roast WG Dinner Roll Herb Roasted Potatoes Braised Carrots/Celery Apples 1% & Fat-Free Milk	20 School Closed
23 School Closed	24 School Closed	25 School Closed	26 School Closed	27 School Closed
30 School Closed	31 School Closed			



DECEMBER ROCKETSHIP

Supper Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Macaroni & Cheese w/ Turkey Bacon Romaine Lettuce & Tomatoes Apples Low-fat (1%) / Fat-free Milk	3 Sweet Chili WG Noodles w/ Edamame Carrots & Bell Peppers Pickled Onions Bananas Low-fat (1%) / Fat-free Milk	4 WW Bagel w/ Turkey Bacon or Cream Cheese Baby Carrots & Celery w/ Ranch Dressing Cantaloupe Low-fat (1%) / Fat-free Milk	5 Southwest Chicken WG Pasta Salad Black Beans, Tomatoes & Cucumbers Apples Low-fat (1%) / Fat-free Milk	6 WW Caprese Wrap Mozzarella Cheese Tomatoes w/ Basil Pesto Spinach Salad Pears Low-fat (1%) / Fat-free Milk
9 Black Bean Taco Salad w/ Cheddar Cheese WW Tortilla Strips Spring Mix, Tomatoes, Sour Cream Green Apples Low-fat (1%) / Fat-free Milk	10 Buffalo Chicken Wrap WW Tortilla Cut Cucumbers Lettuce w/ Ranch Dressing Cantaloupe Low-fat (1%) / Fat-free Milk	11 Seasoned Chicken Hummus & WG Pita Chips Spinach & Lettuce Sliced Bell Peppers Watermelon Low-fat (1%) / Fat-free Milk	12 BBQ Chicken Pasta Salad Corn, Cilantro, Peppers, & Shredded Cheese Pineapple Low-fat (1%) / Fat-free Milk	13 Teriyaki Chicken Tacos WW Tortillas Cabbage Slaw Edamame Pears Low-fat (1%) / Fat-free Milk
16 WG Garlic Ginger Tofu WG Noodles Sautéed Cabbage Peppers & Onions Bananas Low-fat (1%) / Fat-free Milk	17 Cranberry Chicken Salad WG Roll Lettuce & Tomatoes Cucumber Salad Green Apples Low-fat (1%) / Fat-free Milk	18 Make Your Own WG Pizza Mozzarella Cheese Carrots w/ Ranch Dressing Cantaloupe Low-fat (1%) / Fat-free Milk	19 WG Macaroni & Cheese w/ Turkey Bacon Romaine Lettuce & Tomatoes Apples Low-fat (1%) / Fat-free Milk	20 School Closed
23 School Closed	24 School Closed	25 School Closed	26 School Closed	27 School Closed
30 School Closed	31 School Closed			



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



NOVEMBER ROCKETSHIP

Lunch Menu

Menu is subject to change

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



NOVEMBER ROCKETSHIP

Supper Menu

Menu is subject to change

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



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



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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	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					

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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