



JANUARY ROCKETSHIP

Breakfast Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 School Closed	2 Red Rabbit O's Applesauce 1% & Fat-Free Milk	3 WW Mini Bagel w/ Cream Cheese Grapes 1% & Fat-Free Milk
6 Red Rabbit O's Apples 1% & Fat-Free Milk	7 WW Mini Bagel w/ Butter & Jelly Grapes 1% & Fat-Free Milk	8 Homemade Granola Strawberries 1% & Fat-Free Milk	9 Maple Cinnamon Crumb Pineapples 1% & Fat-Free Milk	10 Cereal Bars Grapes 1% & Fat-Free Milk
13 Red Rabbit O's Apples 1% & Fat-Free Milk	14 Cranberry Oat Bars Grapes 1% & Fat-Free Milk	15 Homemade Granola Watermelon 1% & Fat-Free Milk	16 WW Mini Bagel w/ Cream Cheese Strawberries 1% & Fat-Free Milk	17 Chocolate Chip Bread* Pineapple 1% & Fat-Free Milk
20 School Closed	21 Red Rabbit O's Apples 1% & Fat-Free Milk	22 WW Mini Bagel w/ Butter & Jelly Grapes 1% & Fat-Free Milk	23 Blueberry Yogurt w/ Granola Strawberries 1% & Fat-Free Milk	24 Cereal Bars Apples 1% & Fat-Free Milk
27 Red Rabbit O's Apples 1% & Fat-Free Milk	28 Homemade Granola w/ Golden Rasins Grapes 1% & Fat-Free Milk	29 WW Mini Bagel w/ Assorted Jelly Strawberries 1% & Fat-Free Milk	30 Mixed Berry Bread Pineapple 1% & Fat-Free Milk	31 Brown Sugar Oat Bars Grapes 1% & Fat-Free Milk



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Supper Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 School Closed	2 Southwest Chicken WG Pasta Salad Black Beans, Tomatoes & Cucumbers Bananas Low-fat (1%) / Fat-free Milk	3 WW Caprese Wrap Mozzarella Cheese Tomatoes w/ Basil Pesto Spinach Salad Pineapple Low-fat (1%) / Fat-free Milk
6 Black Bean Taco Salad w/ Cheddar Cheese WW Tortilla Strips Spring Mix, Tomatoes, Sour Cream Apples Low-fat (1%) / Fat-free Milk	7 Buffalo Chicken Wrap WW Tortilla Cucumbers Lettuce w/ Ranch Bananas Low-fat (1%) / Fat-free Milk	8 Seasoned Chicken Hummus & WG Pita Chips Broccoli Florets Sliced Bell Peppers Plums Low-fat (1%) / Fat-free Milk	9 BBQ Chicken Pasta Salad Sauteed Corn, Cilantro, Peppers Apples Low-fat (1%) / Fat-free Milk	10 Teriyaki Chicken Taco WW Tortilla Cabbage Slaw Edamame Pears Low-fat (1%) / Fat-free Milk
13 WG Garlic Ginger Tofu WG Noodles Sautéed Cabbage & Spinach Peppers & Onions Bananas Low-fat (1%) / Fat-free Milk	14 Cranberry Chicken Salad WG Roll Lettuce & Tomatoes Cucumber Salad Green Apples Low-fat (1%) / Fat-free Milk	15 Make Your Own WG Pizza Mozzarella Cheese Carrots w/ Ranch Dressing Cantaloupe Low-fat (1%) / Fat-free Milk	16 WG Macaroni & Cheese w/ Turkey Bacon Romaine Lettuce & Tomatoes Apples Low-fat (1%) / Fat-free Milk	17 School Closed
20 School Closed	21 Sweet Chili Rice WG Noodles w/ Edamame Carrots & Bell Peppers Pickled Onions Apples Low-fat (1%) / Fat-free Milk	22 WW Bagel w/ Turkey Bacon or Cream Cheese Baby Carrots & Celery w/ Ranch Dressing Apples Low-fat (1%) / Fat-free Milk	23 Southwest Chicken WG Pasta Salad Black Beans, Tomatoes & Cucumbers Bananas Low-fat (1%) / Fat-free Milk	24 WW Caprese Wrap Mozzarella Cheese Tomatoes w/ Basil Pesto Spinach Salad Pears Low-fat (1%) / Fat-free Milk
27 Black Bean Taco Salad w/ Cheddar Cheese WW Tortilla Strips Spring Mix, Tomatoes, Sour Cream Apples Low-fat (1%) / Fat-free Milk	28 Buffalo Chicken Wrap WW Tortilla Cucumbers Lettuce w/ Ranch Bananas Low-fat (1%) / Fat-free Milk	29 Seasoned Chicken Hummus & WG Pita Chips Spinach & Lettuce Sliced Bell Peppers Plums Low-fat (1%) / Fat-free Milk	30 BBQ Chicken Pasta Salad Sauteed Corn, Cilantro, Peppers Apples Low-fat (1%) / Fat-free Milk	31 Teriyaki Chicken Taco WW Tortilla Cabbage Slaw Edamame Pears Low-fat (1%) / Fat-free Milk