



# FEBRUARY ROCKETSHIP

## Breakfast Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>4</b> WW Mini Bagel w/ Cream Cheese  Pineapple 1% & Fat-Free Milk	<b>5</b> Homemade Granola  Watermelon 1% & Fat-Free Milk	<b>6</b> Breakfast Trail Mix w/ Raisins & Dried Cranberries  Grapes 1% & Fat-Free Milk	<b>7</b> Chocolate Chip Breakfast Bread  Pears 1% & Fat-Free Milk
<b>10</b> Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>11</b> WW Mini Bagel w/ Butter & Jelly  Bananas 1% & Fat-Free Milk	<b>12</b> Homemade Granola  Strawberries 1% & Fat-Free Milk	<b>13</b> Blueberry Breakfast Bread  Bananas 1% & Fat-Free Milk	<b>14</b> Honey Baked Toasty O's w/ Dried Fruit  Pineapple 1% & Fat-Free Milk
<b>17</b>  School Closed	<b>18</b>  School Closed	<b>19</b>  School Closed	<b>20</b>  School Closed	<b>21</b>  School Closed
<b>24</b> Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>25</b> Honey Maple Granola Crunch  Pineapple 1% & Fat-Free Milk	<b>26</b> WW Mini Bagel w/ Butter & Jelly  Watermelon 1% & Fat-Free Milk	<b>27</b> Breakfast Trail Mix w/ Raisins & Dried Cranberries  Pears 1% & Fat-Free Milk	<b>28</b> Blueberry Yogurt w/ Granola  Grapes 1% & Fat-Free Milk



# FEBRUARY ROCKETSHIP

## Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Southwest Macaroni & Cheese Sautéed Green Beans Corn & Black Bean Salsa* Bananas 1% & Fat-Free Milk	<b>4</b> Beef Meatloaf w/ Gravy WG Brown Rice Sautéed Green Beans Roasted Squash* & Carrots Pears 1% & Fat-Free Milk	<b>5</b> WW Flatbread Pizza Mozzarella Cheese Sweet Potato Wedges Mixed Vegetables* Apples 1% & Fat-Free Milk	<b>6</b> Turkey Tacos* WW Tortilla Pinto Beans Corn w/ Peppers* & Onions Bananas 1% & Fat-Free Milk	<b>7</b> Jerk Chicken* Sandwich WG Roll Mixed Greens Tomatoes & Cucumbers* Watermelon 1% & Fat-Free Milk
<b>10</b> Black Bean Taco Bowl WG Brown Rice Braised Cherry Tomatoes* Peppers & Onions* Grapes 1% & Fat-Free Milk	<b>11</b> Deconstructed Chicken* Pot Pie WW Dinner Roll Garlic Broccolini Roasted Carrots Pears 1% & Fat-Free Milk	<b>12</b> Rasta Pasta Roasted Plantains Red Peppers & Onions* Apples 1% & Fat-Free Milk	<b>13</b> Deconstructed Egg Rolls* Seasoned Rice Sautéed Cabbage* Green Beans, Carrots, Onions Watermelon 1% & Fat-Free Milk	<b>14</b> Chicken Salad Wrap * WW Tortilla Soy-Ginger Edamame Salad Marinated Cucumbers, Cabbage, Carrots* Pears 1% & Fat-Free Milk
<b>17</b> School Closed	<b>18</b> School Closed	<b>19</b> School Closed	<b>20</b> School Closed	<b>21</b> School Closed
<b>24</b> Creamy Roasted Red Pepper Pasta Mozzarella Cheese Sautéed Spinach* Roasted Red Peppers Pears 1% & Fat-Free Milk	<b>25</b> Curry Beef Garlic Naan Seasoned Chickpeas Sautéed Spinach* Bananas 1% & Fat-Free Milk	<b>26</b> Suya Chicken Jollof Rice Sautéed Green Beans, Peppers, Onions* Roasted Broccoli Apples 1% & Fat-Free Milk	<b>27</b> Loaded Baked Potato w/ Homemade Cheddar Cheese Sauce WW Tortilla Potato Wedges Tomatoes & Onions* Bananas 1% & Fat-Free Milk	<b>28</b> BBQ Chicken* Pasta Salad WW Penne Diced Tomatoes Roasted Corn & Peppers* Apples 1% & Fat-Free Milk



# FEBRUARY

## ROCKETSHIP

# Supper Menu

\*Menu is subject to change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Black Bean Taco Salad w/ Cheddar Cheese WW Tortilla Strips  Spring Mix, Tomatoes, Sour Cream  Apples Low-fat (1%) / Fat-free Milk	<b>4</b> Buffalo Chicken Wrap WW Tortilla  Cucumbers Lettuce w/ Ranch  Bananas Low-fat (1%) / Fat-free Milk	<b>5</b> Seasoned Chicken Hummus & WG Pita Chips  Broccoli Florets Sliced Bell Peppers  Plums Low-fat (1%) / Fat-free Milk	<b>6</b> BBQ Chicken Pasta Salad  Sautéed Corn, Cilantro, Peppers  Apples Low-fat (1%) / Fat-free Milk	<b>7</b> Teriyaki Chicken Taco WW Tortilla  Cabbage Slaw Edamame  Pears Low-fat (1%) / Fat-free Milk
<b>10</b> WG Garlic Ginger Tofu WG Noodles  Sautéed Cabbage & Spinach Peppers & Onions  Bananas Low-fat (1%) / Fat-free Milk	<b>11</b> Cranberry Chicken Salad WG Roll  Lettuce & Tomatoes Cucumber Salad  Green Apples Low-fat (1%) / Fat-free Milk	<b>12</b> Make Your Own WG Pizza Mozzarella Cheese  Carrots w/ Ranch Dressing  Cantaloupe Low-fat (1%) / Fat-free Milk	<b>13</b> WG Macaroni & Cheese w/ Turkey Bacon  Romaine Lettuce & Tomatoes  Apples Low-fat (1%) / Fat-free Milk	<b>14</b> Southwest Chicken WG Pasta Salad  Black Beans, Tomatoes & Cucumbers  Bananas Low-fat (1%) / Fat-free Milk
<b>17</b>  School Closed	<b>18</b>  School Closed	<b>19</b>  School Closed	<b>20</b>  School Closed	<b>21</b>  School Closed
<b>24</b> Black Bean Taco Salad w/ Cheddar Cheese WW Tortilla Strips  Spring Mix, Tomatoes, Sour Cream  Apples Low-fat (1%) / Fat-free Milk	<b>25</b> Buffalo Chicken Wrap WW Tortilla  Cucumbers Lettuce w/ Ranch  Bananas Low-fat (1%) / Fat-free Milk	<b>26</b> Seasoned Chicken Hummus & WG Pita Chips  Spinach & Lettuce Sliced Bell Peppers  Plums Low-fat (1%) / Fat-free Milk	<b>27</b> BBQ Chicken Pasta Salad  Sautéed Corn, Cilantro, Peppers  Apples Low-fat (1%) / Fat-free Milk	<b>28</b> Teriyaki Chicken Taco WW Tortilla  Cabbage Slaw Edamame  Pears Low-fat (1%) / Fat-free Milk