



ROCKETSHIP DREAM COMMUNITY PREP

August Lunch Menu

<p>15</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Chicken Bites ¾-cup Veg • Garlic Steamed Broccoli ½-cup Fruit • Fruit Selections 	<p>16</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Southern Chicken Bowl • 2oz Biscuit ¾-cup Veg • Garlic Green Beans ½-cup Fruit • Fruit Selections 	<p>17</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Mini Corn Dog Nuggets ¾-cup Veg • BBQ Baked Beans ½-cup Fruit • Fruit Selections 	<p>18</p> <p>Center Plate</p> <ul style="list-style-type: none"> • All American Hot Dog ¾-cup Veg • Cheesy Roasted Cauliflower ½-cup Fruit • Fruit Selections 	<p>19</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Fresh Baked Turkey Pepperoni Pizza • Fresh Baked Cheese Pizza ¾-cup Veg • Seasoned Corn ½-cup Fruit • Fruit Selections
<p>22</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Pulled BBQ Chicken Sandwich ¾-cup Veg • Spicy Pinto Beans ½-cup Fruit • Fruit Selections 	<p>23</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Turkey and Cheese 100% WG Sub ¾-cup Veg • Herb Roasted Broccoli ½-cup Fruit • Fruit Selections 	<p>24</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Meatloaf with Brown Gravy and Brown Rice ¾-cup Veg • Creamy Mashed Potatoes w/Gravy ½-cup Fruit • Fruit Selections 	<p>25</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Chicken Nuggets ¾-cup Veg • Veg Cajun Fries ½-cup Fruit • Fruit Selections 	<p>26</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Fresh Baked Turkey Pepperoni Pizza • Fresh Baked Cheese Pizza ¾-cup Veg • Herb Buttered Corn ½-cup Fruit • Fruit Selections
<p>29</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Buffalo Chicken Bites • Breadstick ¾-cup Veg • Sweet Potato Fries ½-cup Fruit • Fruit Selections 	<p>30</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Salisbury Steak with Gravy and Rice ¾-cup Veg • Steamed Peas and Carrots ½-cup Fruit • Fruit Selections 	<p>31</p> <p>Center Plate</p> <ul style="list-style-type: none"> • Roasted BBQ Chicken with Mac and Cheese ¾-cup Veg • Garlic Steamed Broccoli ½-cup Fruit • Fruit Selections 		

Nutrition & Allergen Information: Nutrition and Allergen information is based on data obtained from manufacturers and may vary due to product substitutions, recipe variations and even customer choice and personal consumption. , If you or any individual on whose behalf you are using this tool have a medical condition please check the manufacturer label before consuming any food at your dining location. , This information and the menus can change regularly and foods are substituted periodically without notice. To obtain the most updated information contact your café manager.