



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
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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
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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
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