



# APRIL ROCKETSHIP

## Breakfast Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> WG Mini Bagel w/ Assorted Jelly  Grapes 1% & Fat-Free Milk	<b>2</b> Breakfast Cereal w/ Raisins, Dried Cranberries Honey Oats & Chocolate Chips  Watermelon 1% & Fat-Free Milk	<b>3</b> Peach Mango Crumble  Pears 1% & Fat-Free Milk	<b>4</b> Blueberry Yogurt w/ Granola  Grapes 1% & Fat-Free Milk
<b>7</b> Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>8</b> WG Mini Bagel w/ Assorted Jelly  Bananas 1% & Fat-Free Milk	<b>9</b> Homemade Granola w/ Yogurt & Raisins  Pears 1% & Fat-Free Milk	<b>10</b> Breakfast Cereal w/ Raisins, Dried Cranberries Honey Oats & Chocolate Chips  Pineapple 1% & Fat-Free Milk	<b>11</b> Mixed Berry Bread*  Grapes 1% & Fat-Free Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>21</b> Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>22</b> WG Mini Bagel w/ Cream Cheese  Pears 1% & Fat-Free Milk	<b>23</b> Maple Cinnamon Monkey Bread  Apples 1% & Fat-Free Milk	<b>24</b> Mixed Berry Yogurt w/ Granola Bran Crunch  Pears 1% & Fat-Free Milk	<b>25</b> Chocolate Bread*  Bananas 1% & Fat-Free Milk
<b>28</b> Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>29</b> WG Mini Bagel w/ Cream Cheese  Pears 1% & Fat-Free Milk	<b>30</b> Peach Yogurt w/ Granola  Apples 1% & Fat-Free Milk		



# APRIL ROCKETSHIP

## Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b> Carne Molida con Chipotle Black Bean Bowl (V) Cilantro Rice</p> <p>Elote Corn Sautéed Peppers &amp; Onions* Sour Cream &amp; Cheddar Cheese</p> <p>Pears 1% &amp; Fat-Free Milk</p>	<p><b>2</b> BBQ Chicken* Pasta BBQ Tofu Pasta Salad (V)</p> <p>Black Beans Sautéed Corn</p> <p>Apples 1% &amp; Fat-Free Milk</p>	<p><b>3</b> Loaded Baked Potato Taco (VG) Homemade Cheese Sauce WG Tortilla</p> <p>Potato Wedges Sautéed Broccoli w/ Tomatoes, Onions, Red Peppers*</p> <p>Bananas 1% &amp; Fat-Free Milk</p>	<p><b>4</b> Suya Chicken* Suya Tofu (V) Jollof Rice</p> <p>Spinach &amp; Green Beans* Sautéed Peppers &amp; Onions</p> <p>Apples 1% &amp; Fat-Free Milk</p>
<p><b>7</b> Rasta Pasta (VG) Mozzarella Cheese</p> <p>Green Cabbage* Braised Cauliflower</p> <p>Grapes 1% &amp; Fat-Free Milk</p>	<p><b>8</b> Jerk Chicken* Jerk Tofu (V) Seasoned Rice</p> <p>Kidney Beans w/ Peppers Roasted Plantains</p> <p>Green Apples 1% &amp; Fat-Free Milk</p>	<p><b>9</b> Chopped Cheese &amp; Ground Beef Lentil Sliders (V) WG Roll</p> <p>Potato Wedges Sautéed Corn w/ Red Peppers*</p> <p>Strawberries 1% &amp; Fat-Free Milk</p>	<p><b>10</b> Red Beans &amp; Dirty Rice (VG) Seasoned Rice</p> <p>Sautéed Spinach* Honey Carrots</p> <p>Bananas 1% &amp; Fat-Free Milk</p>	<p><b>11</b> Chimi Churri Chicken* Wrap Chimi Churri Tofu Wrap (V) WG Wrap</p> <p>Mixed Greens* Tomatoes &amp; Cucumber Salad</p> <p>Pears 1% &amp; Fat-Free Milk</p>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p><b>21</b> Pizza Melt Mozzarella Cheese Vegan Pizza Melt (V)</p> <p>Sweet Potato Wedges Roasted Zucchini &amp; Mushrooms*</p> <p>Bananas 1% &amp; Fat-Free Milk</p>	<p><b>22</b> Honey Old Bay Chicken* Honey Old Bay Tofu (V) WG Dinner Roll</p> <p>Mashed Potatoes Braised Kale*</p> <p>Pineapple 1% &amp; Fat-Free Milk</p>	<p><b>23</b> Beef Bolognese White Bean &amp; Mushroom Bolognese (V) WG Spaghetti</p> <p>Sautéed Spinach* Sautéed Mushrooms</p> <p>Bananas 1% &amp; Fat-Free Milk</p>	<p><b>24</b> Chicken* Fried Rice Tofu Fried Rice (V)</p> <p>Edamame Sautéed Broccoli w/ Carrots, Sautéed Peppers &amp; Onions</p> <p>Watermelon 1% &amp; Fat-Free Milk</p>	<p><b>25</b> Cheesy Potato Hash Tofu Scramble (V) Maple Baked French Toast</p> <p>Roasted Potatoes Sautéed Peppers &amp; Onions*</p> <p>Grapes 1% &amp; Fat-Free Milk</p>
<p><b>28</b> Sicilian Spaghetti Pie Mozzarella, Parmesan, Ricotta Vegan Timballo (V)</p> <p>Roasted Broccoli Sautéed Tomatoes, Zucchini, Red Peppers*</p> <p>Bananas 1% &amp; Fat-Free Milk</p>	<p><b>29</b> Turkey* Tacos Black Bean Tacos (V) Hard Shell Corn Tortilla</p> <p>Pinto Beans w/ Peppers &amp; Onions Elote Corn Sour Cream &amp; Cheddar Cheese</p> <p>Watermelon 1% &amp; Fat-Free Milk</p>	<p><b>30</b> Chicken* &amp; Grits Bowl Black Bean Tacos (V) Hard Shell Corn Tortilla</p> <p>Roasted Potatoes Sautéed Peppers &amp; Onions</p> <p>Grapes 1% &amp; Fat-Free Milk</p>		



# APRIL ROCKETSHIP

## Supper Menu

\*Menu is subject to change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Make Your Own WG Pizza Mozzarella Cheese  Cut Carrots Celery w/ Ranch Dressing  Grapes Low-fat (1%) / Fat-free Milk	<b>2</b> Seasoned Chicken Taco WG Tortilla  Lettuce & Tomatoes Cheddar Cheese  Watermelon Low-fat (1%) / Fat-free Milk	<b>3</b> Buffalo Chicken Wrap WG Tortilla  Cucumbers Lettuce w/ Ranch  Honeydew Low-fat (1%) / Fat-free Milk	<b>4</b> Turkey Bacon Sandwich WG Bread  Lettuce & Tomatoes Potato Salad  Pineapple Low-fat (1%) / Fat-free Milk
<b>7</b> Black Bean Taco Salad w/ Cheddar Cheese WG Tortilla Strips  Spring Mix, Spinach, Tomatoes, Sour Cream  Strawberries Low-fat (1%) / Fat-free Milk	<b>8</b> Make Your Own WG Pizza Mozzarella Cheese  Cut Carrots Celery w/ Ranch Dressing  Grapes Low-fat (1%) / Fat-free Milk	<b>9</b> Seasoned Chicken Taco WG Tortilla  Lettuce & Tomatoes Cheddar Cheese  Watermelon Low-fat (1%) / Fat-free Milk	<b>10</b> Buffalo Chicken Wrap WG Tortilla  Cucumbers Lettuce w/ Ranch  Honeydew Low-fat (1%) / Fat-free Milk	<b>11</b> Turkey Bacon Sandwich WG Bread  Lettuce & Tomatoes Potato Salad  Pineapple Low-fat (1%) / Fat-free Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>21</b> Black Bean Taco Salad w/ Cheddar Cheese WG Tortilla Strips  Spring Mix, Spinach, Tomatoes, Sour Cream  Strawberries Low-fat (1%) / Fat-free Milk	<b>22</b> Make Your Own WG Pizza Mozzarella Cheese  Cut Carrots Celery w/ Ranch Dressing  Grapes Low-fat (1%) / Fat-free Milk	<b>23</b> Seasoned Chicken Taco WG Tortilla  Lettuce & Tomatoes Cheddar Cheese  Watermelon Low-fat (1%) / Fat-free Milk	<b>24</b> Buffalo Chicken Wrap WG Tortilla  Cucumbers Lettuce w/ Ranch  Honeydew Low-fat (1%) / Fat-free Milk	<b>25</b> Turkey Bacon Sandwich WG Bread  Lettuce & Tomatoes Potato Salad  Pineapple Low-fat (1%) / Fat-free Milk
<b>28</b> Black Bean Taco Salad w/ Cheddar Cheese WG Tortilla Strips  Spring Mix, Spinach, Tomatoes, Sour Cream  Strawberries Low-fat (1%) / Fat-free Milk	<b>29</b> Make Your Own WG Pizza Mozzarella Cheese  Cut Carrots Celery w/ Ranch Dressing  Grapes Low-fat (1%) / Fat-free Milk	<b>30</b> Seasoned Chicken Taco WG Tortilla  Lettuce & Tomatoes Cheddar Cheese  Watermelon Low-fat (1%) / Fat-free Milk		