



MARCH ROCKETSHIP

Breakfast Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Red Rabbit O's</p> <p>Green Apples 1% & Fat-Free Milk</p>	<p>4 Homemade Granola w/ Golden Raisins</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>5 WW Mini Bagel w/ Assorted Jelly</p> <p>Red Apples 1% & Fat-Free Milk</p>	<p>6 Breakfast Trail Mix</p> <p>Golden Apples 1% & Fat-Free Milk</p>	<p>7 Mixed Berry Bread*</p> <p>Bananas 1% & Fat-Free Milk</p>
<p>10 Red Rabbit O's</p> <p>Red Apples 1% & Fat-Free Milk</p>	<p>11 WW Mini Bagel w/ Cream Cheese</p> <p>Green Apples 1% & Fat-Free Milk</p>	<p>12 Chocolate Chip Bread*</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>13 Strawberry Yogurt & Granola</p> <p>Apples 1% & Fat-Free Milk</p>	<p>14 Breakfast Trail Mix</p> <p>Pineapple 1% & Fat-Free Milk</p>
<p>17 Red Rabbit O's</p> <p>Golden Apples 1% & Fat-Free Milk</p>	<p>18 WW Mini Bagel w/ Butter & Jelly</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>19 Maple Yogurt w/ Homemade Granola</p> <p>Red Apples 1% & Fat-Free Milk</p>	<p>20 Breakfast Trail Mix w/ Raisins & Dried Cranberries</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>21 Blueberry Crumble</p> <p>Bananas 1% & Fat-Free Milk</p>
<p>24 Red Rabbit O's</p> <p>Red Apples 1% & Fat-Free Milk</p>	<p>25 WW Mini Bagel w/ Cream Cheese</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>26 Double Chocolate Bread*</p> <p>Golden Apples 1% & Fat-Free Milk</p>	<p>27 Mixed Berry Yogurt w/ Granola Bran Crunch</p> <p>Grapes 1% & Fat-Free Milk</p>	<p>28 Breakfast Trail Mix w/ Raisins & Dried Cranberries</p> <p>Bananas 1% & Fat-Free Milk</p>
<p>31 Red Rabbit O's</p> <p>Golden Apples 1% & Fat-Free Milk</p>				



MARCH ROCKETSHIP

Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Red Beans & Dirty Rice</p> <p>Sauteed Spinach* Roasted Honey Carrots</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>4 Chopped Cheese w/ Beef WW Roll Lentil Slider</p> <p>Potato Wedges Roasted Red Peppers* & Corn</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>5 Jerk Chicken* Seasoned Brown Rice Jerk Tofu</p> <p>Pigeon Peas Sweet Potatoes</p> <p>Apples 1% & Fat-Free Milk</p>	<p>6 Rasta Pasta w/ Mozzarella Cheese</p> <p>Sauteed Green Cabbage* Braised Cauliflower</p> <p>Cantaloupe 1% & Fat-Free Milk</p>	<p>7 Chimichurri Chicken Wrap * Chimichurri Hummus Wrap</p> <p>Mixed Greens Tomatoes & Cucumber Salad</p> <p>Pears 1% & Fat-Free Milk</p>
<p>10 Spaghetti Pie w/ Mozzarella WW Spaghehetti Crostino</p> <p>Garlic Broccolini Eggplant, Tomatoes*, Olives</p> <p>Cantaloupe 1% & Fat-Free Milk</p>	<p>11 Carne Molida con Chipotle WG Cilantro Rice Black Bean Bowl (V)</p> <p>Elote w/ Cotija, Lime, Cilantro Peppers & Onions*</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>12 Chicken Fried Rice* Seasoned Brown Rice Tofu Fried Rice</p> <p>Edamame Roasted Broccoli, Cauliflower & Sauteed, Onions*</p> <p>Apples 1% & Fat-Free Milk</p>	<p>13 Three Bean Chili Homemade Cornbread *</p> <p>Roasted Potatoes Roasted Zucchini & Yellow Squash</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>14 Chicken Club Sandwich * WG Hamburger Bun Veggie Burger*</p> <p>Potato Salad Lettuce & Tomatoes</p> <p>Honeydew 1% & Fat-Free Milk</p>
<p>17 Macaroni & Cheese Cheddar Cheese</p> <p>Roasted Brussels Sprouts Stewed Tomatoes w/ Celery, Peppers, Onions*</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>18 Beef Meatloaf w/ Shallot* Gravy WG Brown Rice Lentil Loaf</p> <p>Sauteed Green Beans Roasted Carrots</p> <p>Pears 1% & Fat-Free Milk</p>	<p>19 WW Flatbread Pizza Mozzarella Cheese</p> <p>Sweet Potato Wedges Roasted Zucchini & Shallots* Apples 1% & Fat-Free Milk</p>	<p>20 Turkey Tacos* WW Tortilla Tofu Tacos</p> <p>Pinto Beans Tomatoes, Peppers* & Onions</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>21 Chicken Jambalaya* Cajun Rice Red Bean Jambalaya</p> <p>Cajun Cabbage* Creole Stewed Okra</p> <p>Watermelon 1% & Fat-Free Milk</p>
<p>24 White Beans w/ Shallots, Spinach*, Sundried Tomatoes Risotto Style Brown Rice</p> <p>Roasted Broccoli Sun Dried Tomatoes</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>25 Honey Old Bay Chicken* WW Dinner Rolls Honey Old Bay Tofu</p> <p>Mashed Potatoes Braised Kale</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>26 Country Grits Bowl w/ Cheese & Red Eye Gravy WW Toast w/ Butter & Jelly</p> <p>Country Style Home Fries Peppers & Onions*</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>27 Chicken Fajita Bowl* Red Rice Tofu Fajita Bowl</p> <p>Black Beans Peppers & Onions*</p> <p>Cantaloupe 1% & Fat-Free Milk</p>	<p>28 Beef Bolognese WG Spaghehetti Lentil Bolognese</p> <p>Sauteed Spinach* Sauteed Mushrooms</p> <p>Bananas 1% & Fat-Free Milk</p>
<p>31 Penne Alla Rosa Ricotta, Parmesan, Mozzarella Cheese</p> <p>Roasted Zucchini Roasted Red Peppers*</p> <p>Apples 1% & Fat-Free Milk</p>				



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Supper Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Black Bean Taco Salad w/ Cheddar Cheese WW Tortilla Strips</p> <p>Spring Mix, Tomatoes, Sour Cream</p> <p>Apples Low-fat (1%) / Fat-free Milk</p>	<p>4 Buffalo Chicken Wrap WW Tortilla</p> <p>Cucumbers Lettuce w/ Ranch</p> <p>Bananas Low-fat (1%) / Fat-free Milk</p>	<p>5 Seasoned Chicken Hummus & WG Pita Chips</p> <p>Spinach & Lettuce Sliced Bell Peppers</p> <p>Plums Low-fat (1%) / Fat-free Milk</p>	<p>6 BBQ Chicken Pasta Salad Shredded Cheddar Cheese</p> <p>Sauteed Corn, Cilantro, Peppers</p> <p>Apples Low-fat (1%) / Fat-free Milk</p>	<p>7 Teriyaki Chicken Taco WW Tortilla</p> <p>Cabbage Slaw Edamame</p> <p>Pears Low-fat (1%) / Fat-free Milk</p>
<p>10 WG Garlic Ginger Tofu w/ Edamame WG Noodles</p> <p>Sautéed Cabbage & Spinach Peppers & Onions</p> <p>Bananas Low-fat (1%) / Fat-free Milk</p>	<p>11 Cranberry Chicken Salad WG Roll</p> <p>Lettuce & Tomatoes Cucumber Salad</p> <p>Green Apples Low-fat (1%) / Fat-free Milk</p>	<p>12 Make Your Own WG Pizza Mozzarella Cheese</p> <p>Carrots w/ Ranch Dressing</p> <p>Cantaloupe Low-fat (1%) / Fat-free Milk</p>	<p>13 WG Macaroni & Cheese w/ Turkey Bacon</p> <p>Romaine Lettuce & Tomatoes</p> <p>Apples Low-fat (1%) / Fat-free Milk</p>	<p>14 School Closed</p>
<p>17 WG Macaroni & Cheese w/ Turkey Bacon</p> <p>Romaine Lettuce & Tomatoes</p> <p>Apples Low-fat (1%) / Fat-free Milk</p>	<p>18 Sweet Chili Rice WG Noodles w/ Edamame</p> <p>Carrots & Bell Peppers Pickled Onions</p> <p>Apples Low-fat (1%) / Fat-free Milk</p>	<p>19 WW Bagel w/ Turkey Bacon or Cream Cheese</p> <p>Baby Carrots & Celery w/ Ranch Dressing</p> <p>Cantaloupe Low-fat (1%) / Fat-free Milk</p>	<p>20 Southwest Chicken WG Pasta Salad</p> <p>Black Beans, Tomatoes, Onions & Cucumbers</p> <p>Bananas Low-fat (1%) / Fat-free Milk</p>	<p>21 WW Caprese Wrap Mozzarella Cheese</p> <p>Tomatoes w/ Basil Pesto Spinach Salad</p> <p>Pears Low-fat (1%) / Fat-free Milk</p>
<p>24 Black Bean Taco Salad w/ Cheddar Cheese WW Tortilla Strips</p> <p>Spring Mix, Tomatoes, Sour Cream</p> <p>Apples Low-fat (1%) / Fat-free Milk</p>	<p>25 Buffalo Chicken Wrap WW Wrap</p> <p>Cucumbers Lettuce w/ Ranch</p> <p>Bananas Low-fat (1%) / Fat-free Milk</p>	<p>26 Seasoned Chicken Hummus & WG Pita Chips</p> <p>Spinach & Lettuce Sliced Bell Peppers</p> <p>Watermelon Low-fat (1%) / Fat-free Milk</p>	<p>27 BBQ Chicken Pasta Salad</p> <p>Sauteed Corn, Cilantro, Peppers</p> <p>Apples Low-fat (1%) / Fat-free Milk</p>	<p>28 Teriyaki Chicken Taco WW Tortilla</p> <p>Cabbage Slaw Edamame</p> <p>Pears Low-fat (1%) / Fat-free Milk</p>
<p>31 WG Garlic Ginger Tofu w/ Edamame WG Noodles</p> <p>Sautéed Cabbage & Spinach Peppers & Onions</p> <p>Apples Low-fat (1%) / Fat-free Milk</p>				