



FEBRUARY

ROCKETSHIP

Breakfast Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Red Rabbit O's Bananas 1% & Fat-Free Milk	3 WG Mini Bagel w/ Cream Cheese Pears 1% & Fat-Free Milk	4 Strawberry Yogurt Parfait w/ Chocolate Chip Granola Oranges 1% & Fat-Free Milk	5 Banana Bread* Bananas 1% & Fat-Free Milk	6 English Muffins w/ Butter & Jelly Apples 1% & Fat-Free Milk
9 Chex Cereal Bananas 1% & Fat-Free Milk	10 Berry Oat Crumble Mandarins 1% & Fat-Free Milk	11 English Muffins w/ Butter Green Apples 1% & Fat-Free Milk	12 Honey Yogurt w/ Granola Bananas 1% & Fat-Free Milk	13
16	17 WG Mini Bagel w/ Cream Cheese Oranges 1% & Fat-Free Milk	16 Mango Overnight Oats Pears 1% & Fat-Free Milk	19 Sweet Potato Bread* Bananas 1% & Fat-Free Milk	20 Homemade Granola w/ Chocolate Chips Pineapples 1% & Fat-Free Milk
23 Cornflakes Cereal Apples 1% & Fat-Free Milk	24 Chocolate Yogurt Parfait w/ Spiced Granola Bananas 1% & Fat-Free Milk	25 Carrot Oat Bread Clementines 1% & Fat-Free Milk	26 WG Mini Bagel w/ Butter & Jelly Apples 1% & Fat-Free Milk	27 Blueberry Bread Bananas 1% & Fat-Free Milk



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ROCKETSHIP APPLETREE

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FEBRUARY

ROCKETSHIP

Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Grits Bowl w/ Red-eye Gravy Turkey* Sausage & Cheddar Scrambled Eggs w/ Tomato Chutney (V) Roasted Potatoes Red Peppers & Onions Honeydew 1% & Fat-Free Milk	3 Cheese Quesadilla (VG) Cheddar Cheese WG Tortilla Roasted Corn & Red Peppers Pico de Gallo Apples* 1% & Fat-Free Milk	4 Turkey* Bolognese WG Spaghetti Kidney Beans (V) Garlic Cheesy Bread Roasted Broccoli Roasted Garlic Tomatoes Pineapple 1% & Fat-Free Milk	5 Jerk Chicken* WG Rice & Peas WG Pasta w/ Mozzarella Cheese (VG) Kidney Beans Sauteed Cabbage Oranges 1% & Fat-Free Milk	6 BBQ Chicken* BBQ Tofu (V) Honey Buttered Cornbread Butter Green Beans Sauteed Mixed Greens Cantaloupe 1% & Fat-Free Milk
9 Pizza Melt Mozzarella Cheese Roasted Broccoli Roasted Tomatoes Apples* 1% & Fat-Free Milk	10 Arroz Con Pollo* Paprika Roasted Tofu (V) WG Spanish Rice Seasoned Black Beans Roasted Peppers & Onions Pineapples 1% & Fat-Free Milk	11 Macaroni & Cheese (VG) Cheddar & Parmesan Cheese Vegan Cheese Pasta (V) Glazed Sweet Potatoes* Garlic Spinach Apples* 1% & Fat-Free Milk	12 Chicken* w/ Mumbo Sauce Fried Rice w/ Veggies Tofu w/ Mumbo Sauce (V) Green Peas Sauteed Carrots Grapes 1% & Fat-Free Milk	13
16	17 Loaded Beef Taco Bowl Loaded Pinto Bean Bowl (V) WG Tortilla Pinto Beans Roasted Corn & Peppers Apples* 1% & Fat-Free Milk	18 Chicken* Ramen Sweet Buffalo Tofu (V) Napa Cabbage Corn & Shredded Carrots Honeydew 1% & Fat-Free Milk	19 Turkey* Meatball Subs WG Dinner Rolls Cajun Roasted White Beans (V) Garlic Spinach Roasted Tomatoes Pineapples 1% & Fat-Free Milk	20 Cajun Chicken* Wrap Grilled Cheese (VG) Garlic Herb Croutons Baby Carrots Cucumbers Cantaloupe 1% & Fat-Free Milk
23 Rasta Pasta (VG) w/ Mozzarella Cheese Garlic Roasted Green Beans Red Roasted Peppers* Oranges 1% & Fat-Free Milk	24 Chicken* Adobo Tofu Adobo (V) Seasoned Rice Roasted Broccoli Roasted Cauliflower & Carrots Grapes 1% & Fat-Free Milk	25 Turkey* Sloppy Joe Pinto Beans (V) WG Roll Roasted Corn Roasted Tomatoes & Green Peppers Apples* 1% & Fat-Free Milk	26 Teriyaki Chicken* Teriyaki Tofu (V) Veggie Lo Mein Roasted Carrots Sauteed Broccoli Cantaloupe 1% & Fat-Free Milk	27 Beef & Cheese Nachos WG Tortilla Chips Sweet Buffalo Tofu (V) Seasoned Kidney Beans Pico de Gallo Apples* 1% & Fat-Free Milk



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9 Pizza Melt Mozzarella Cheese Roasted Broccoli Roasted Tomatoes Apples* 1% & Fat-Free Milk	10 Arroz Con Pollo* Paprika Roasted Tofu (V) WG Spanish Rice Seasoned Black Beans Roasted Peppers & Onions Pineapples 1% & Fat-Free Milk	11 Macaroni & Cheese VG) Cheddar & Parmesan Cheese Vegan Cheese Pasta (V) Glazed Sweet Potatoes* Garlic Spinach Apples* 1% & Fat-Free Milk	12 Chicken* w/ Mumbo Sauce Fried Rice w/ Veggies Tofu w/ Mumbo Sauce (V) Green Peas Sauteed Carrots Grapes 1% & Fat-Free Milk	13
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ROCKETSHIP

Supper Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey Sandwich WG Pullman Bread Coleslaw Pineapple 1% & Fat-Free Milk	3 Panzanella Salad Chickpeas WG Bread Diced Tomatoes w/ Basil & Balsamic Vinegar Strawberries 1% & Fat-Free Milk	4 Lemon Pepper Chicken Wrap WG Tortilla Sliced Cucumbers Shredded Lettuces Bananas 1% & Fat-Free Milk	5 Garlic Ginger Rice Noodles Rice Noodles Edamame Sauteed Cabbage & Spinach Peppers & Onions Green Apples 1% & Fat-Free Milk	6 Southwest Chicken* Pasta Salad WG Penne Sauteed Corn Roasted Red Peppers Apples 1% & Fat-Free Milk
9 Pasta Primavera Diced Mozzarella Cheese Broccoli Cherry Tomatoes Watermelon 1% & Fat-Free Milk	10 Chicken* Tacos WW Tortillas Shredded Lettuce Pico De Gallo Watermelon 1% & Fat-Free Milk	11 Pizza Bagel w/ Mozzarella Cheese WG Mini Bagel Carrots & Celery w/ Ranch Honeydew 1% & Fat-Free Milk	12 Turkey Sandwich WG Pullman Bread Coleslaw Pineapple 1% & Fat-Free Milk	13
16	17 Garlic Ginger Rice Noodles Rice Noodles Edamame Sauteed Cabbage & Spinach Peppers & Onions Green Apples 1% & Fat-Free Milk	18 Southwest Chicken* Pasta Salad WG Penne Sauteed Corn Roasted Red Peppers Apples 1% & Fat-Free Milk	19 Cheddar Cheese Sandwich on Brioche Roll Carrots & Celery w/ Ranch Honeydew 1% & Fat-Free Milk	20 Chicken Ceasar Salad Parmesan Crisp Homemade Croutons Cherry Tomatoes Pears 1% & Fat-Free Milk
23 Lemon Pepper Chicken Wrap WG Tortilla Sliced Cucumbers Shredded Lettuces Bananas 1% & Fat-Free Milk	24 Jerk Chicken Wrap Spinach Tortilla Sliced Cucumbers Shredded Lettuces Bananas 1% & Fat-Free Milk	25 Pasta Primavera Diced Mozzarella Cheese Broccoli Cherry Tomatoes Watermelon 1% & Fat-Free Milk	26 Chicken Tacos WW Tortillas Shredded Lettuce Pico De Gallo Watermelon 1% & Fat-Free Milk	27 Pizza Bagel w/ Mozzarella Cheese WG Mini Bagel Carrots & Celery w/ Ranch Honeydew 1% & Fat-Free Milk



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9 Pasta Primavera Diced Mozzarella Cheese Broccoli Cherry Tomatoes Watermelon 1% & Fat-Free Milk	10 Chicken* Tacos WW Tortillas Shredded Lettuce Pico De Gallo Watermelon 1% & Fat-Free Milk	11 Pizza Bagel w/ Mozzarella Cheese WG Mini Bagel Carrots & Celery w/ Ranch Honeydew 1% & Fat-Free Milk	12 Turkey Sandwich WG Pullman Bread Coleslaw Pineapple 1% & Fat-Free Milk	13
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23 Lemon Pepper Chicken Wrap WG Tortilla Sliced Cucumbers Shredded Lettuces Bananas 1% & Fat-Free Milk	24 Jerk Chicken Wrap Spinach Tortilla Sliced Cucumbers Shredded Lettuces Bananas 1% & Fat-Free Milk	25 Pasta Primavera Diced Mozzarella Cheese Broccoli Cherry Tomatoes Watermelon 1% & Fat-Free Milk	26 Chicken Tacos WW Tortillas Shredded Lettuce Pico De Gallo Watermelon 1% & Fat-Free Milk	27 Pizza Bagel w/ Mozzarella Cheese WG Mini Bagel Carrots & Celery w/ Ranch Honeydew 1% & Fat-Free Milk

by columns_group		Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Vitamin D (µg)	Calcium (mg)	Iron (mg)	Calories from Sat Fat (%)	Calories from Added Sugars (%)	Grain Credit	Fruit Credit	Red/Orange Veg Credit	Dark Green Veg Credit	Starchy Veg Credit	Beans, Peas, and Lentils Credit	Other Veg Credit	Meat/Meat Alternative Credit	Milk Credit
[SBP] Monday 02/16/2026 - Breakfast		413.23	6.02	2.366	0	17.1	411.51	71.345	6	38.146	0	21.805	65.679	5.75	0	831.4	14.696	5.153	0	1	1 *	0	0	0	0	0	0	0
		160	3	0.5	0	0	200	30	3	0	0	5 *	-	-	0	220	14.4	2.813 *	-	1	0	0	0	0	0	0	0	0
		65	0.212	0.035	0	0	1.25	17.262	3	12.988 *	0.325	20.25	5.75	0	7.5	0.15	0.485 *	0	0	1	0	0	0	0	0	0	0	0
		102.48	2.367	1.544 *	-	12.2	107.36	12.176	0	12.688 *	8.223	34.404	0	0	305	0.073	13.56 *	0	0	0	0	0	0	0	0	0	0	1
		85.75	0.441	0.287 *	-	4.9	102.9	11.907	0	12.688 *	8.257	11.025	0	0	298.9	0.073	3.012 *	0	0	0	0	0	0	0	0	0	0	1
		676.58	36.929	19.54	0	102.95	593.81	57.496	5.63	47.379	4	31.21	450.999 *	57.515 *	0 *	757.3 *	0.453 *	4.091 *	2.365	2	1 *	0	0	0	0	0	0	3
[SBP] Tuesday 02/17/2026 - Breakfast		297.5	29.274	17.181 *	-	85.85	266.9	4.692	0	3.196 *	5.228	283.305	0	0	82.45	0.093	51.976 *	0	0	0	0	0	0	0	0	0	0	0
		80.85	0.247	0.028	0	0	1.65	20.691	3.63	14.025 *	1.502	122.265	97.515	0	70.95	0.214	0.312 *	0	1	0	0	0	0	0	0	0	0	0
		102.48	2.367	1.544 *	-	12.2	107.36	12.176	0	12.688 *	8.223	34.404	0	0	305	0.073	13.56 *	0	0	0	0	0	0	0	0	0	0	1
		85.75	0.441	0.287 *	-	4.9	102.9	11.907	0	12.688 *	8.257	11.025	0	0	298.9	0.073	3.012 *	0	0	0	0	0	0	0	0	0	0	1
		110	4.5	0.5	0	0	115	8	2	5	4	8 *	-	-	-	-	4.091 *	0	0	0	0	0	0	0	0	0	0	1
[SBP] Wednesday 02/18/2026 - Breakfast		645.671	13.056	3.788 *	-	0 20.94 *	344.986 *	101.498	12.303	53.391 *	4	33.408	82.321 *	17.87 *	0.038 *	692.278 *	2.602 *	5.28	2.478	2	1 *	0	0	0	0	0	0	3
		267.641	5.552	1.426	0	3.84	18.326	48.093	5.963	9.583 *	8.424	26.392	11.85	0.038	76.778	2.204	4.795 *	0	0	0	0	0	0	0	0	0	0	0
		79.8	0.196	0.031	0	0	1.4	21.322	4.34	13.65 *	0.504	10.5	6.02	0	12.6	0.252	0.35 *	0	1	0	0	0	0	0	0	0	0	0
		102.48	2.367	1.544 *	-	12.2	107.36	12.176	0	12.688 *	8.223	34.404	0	0	305	0.073	13.56 *	0	0	0	0	0	0	0	0	0	0	1
		85.75	0.441	0.287 *	-	4.9	102.9	11.907	0	12.688 *	8.257	11.025	0	0	298.9	0.073	3.012 *	0	0	0	0	0	0	0	0	0	0	1
		110	4.5	0.5	0	0	115	8	2	5	4	8 *	-	-	-	-	4.091 *	0	0	0	0	0	0	0	0	0	0	1
[SBP] Thursday 02/19/2026 - Breakfast		640.072	13.453	3.189	0.019 *	39.908	563.236	100.703	9.519	46.169	4	31.776	649.311 *	12.151 *	0.12 *	673.575 *	2.644 *	4.484	2.5	2	1 *	0	0	0	0	0	0	3
		220.802	5.696	0.706	0.019	22.808	236.616	37.558	3.983	1.378 *	5.814	577.77	0.319	0.12	62.875	2.144	2.878 *	0	0	0	0	0	0	0	0	0	0	0
		121.04	0.449	0.152	0	0	1.36	31.062	3.536	16.633 *	1.482	26.112	11.832	0	6.8	0.354	1.13 *	0	0	1	0	0	0	0	0	0	0	0
		102.48	2.367	1.544 *	-	12.2	107.36	12.176	0	12.688 *	8.223	34.404	0	0	305	0.073	13.56 *	0	0	0	0	0	0	0	0	0	0	1
		85.75	0.441	0.287 *	-	4.9	102.9	11.907	0	12.688 *	8.257	11.025	0	0	298.9	0.073	3.012 *	0	0	0	0	0	0	0	0	0	0	1
		110	4.5	0.5	0	0	115	8	2	5	4	8 *	-	-	-	-	4.091 *	0	0	0	0	0	0	0	0	0	0	1
[SBP] Friday 02/20/2026 - Breakfast		705.399	36.929	19.54	0	102.95	593.81	57.496	5.63	47.379	4	31.21	450.999 *	57.515 *	0 *	757.3 *	0.453 *	4.091 *	2.365	2	1 *	0	0	0	0	0	0	3
		324.699	8.828	1.072	0.018	0	284.45	55.764	6.783	14.497	3.034	7.465	0.949	0.103	0	42.21	2.38	2.972 *	0	0	0	0	0	0	0	0	0	0
		82.5	0.198	0.015	0	0	1.65	21.648	2.31	16.253 *	0.891	28.71	78.87	0	21.45	0.479	0.164 *	0	1	0	0	0	0	0	0	0	0	0
		102.48	2.367	1.544 *	-	12.2	107.36	12.176	0	12.688 *	8.223	34.404	0	0	305	0.073	13.56 *	0	0	0	0	0	0	0	0	0	0	1
		85.75	0.441	0.287 *	-	4.9	102.9	11.907	0	12.688 *	8.257	11.025	0	0	298.9	0.073	3.012 *	0	0	0	0	0	0	0	0	0	0	1
		110	4.5	0.5	0	0	115	8	2	5	4	8 *	-	-	-	-	4.091 *	0	0	0	0	0	0	0	0	0	0	1
[NSLP] Monday 02/16/2026 - Lunch		1051.745	46.843	20.459	0.222 *	92.241 *	2603.703	182.592	16.429	48.914	6.64	41.099	24.736	171.206	0.058	0.437 *	1241.69 *	0.653 *	0.241	4	1 *	0	0.25	0	0	0	0	2.25
		223.37	2.174	0.265	0.001	0	591.107	43.061	6.761	2.054	0.64	8.804	0	0	0	14.6	1.948	1.068 *	0	0	0	0	0	0	0	0	1	0.125
		40.782	3.804	2.312	0	0	9.752	307.276	1.405	0.709	0.136 *	0.954	878.181	8.642	0	32.806	0.841	51.023 *	0	0	0	0	0.5	0	0	0	0	0

[illegible]

[illegible]