



JUNE ROCKETSHIP

Breakfast Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 WG Mini Bagel w/ Cream Cheese</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>2 Whole Grain O's Cereal</p> <p>Pears 1% & Fat-Free Milk</p>	<p>3 Mango Overnight Oats</p> <p>Cut Orange Wedges 1% & Fat-Free Milk</p>	<p>4 Chocolate Chip Bread</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>5 Honey Vanilla Parfait</p> <p>Apples 1% & Fat-Free Milk</p>
<p>8 Whole Grain O's Cereal</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>9 Mixed Berry Crumble</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>10 Strawberry Yogurt Crunchy Granola WG</p> <p>Pears 1% & Fat-Free Milk</p>	<p>11 Breakfast Fruit Streusel</p> <p>Cut Orange Wedges 1% & Fat-Free Milk</p>	<p>12 WG Mini Bagel w/ Butter & Jelly</p> <p>Apples 1% & Fat-Free Milk</p>
<p>15 Whole Grain O's Cereal</p> <p>Pears 1% & Fat-Free Milk</p>	<p>16 Apple Cinnamon Bread Pudding</p> <p>Cut Orange Wedges 1% & Fat-Free Milk</p>	<p>17 Toasted English Muffin w/ Butter & Jam</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>18</p>	<p>19</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>29</p>	<p>30</p>			



JUNE

ROCKETSHIP APPLETREE

Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 WG Mini Bagel w/ Cream Cheese</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>2 Whole Grain O's Cereal</p> <p>Pears 1% & Fat-Free Milk</p>	<p>3 Mango Overnight Oats</p> <p>Cut Orange Wedges 1% & Fat-Free Milk</p>	<p>4 Chocolate Chip Bread</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>5 Honey Vanilla Parfait</p> <p>Apples 1% & Fat-Free Milk</p>
<p>8 Whole Grain O's Cereal</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>9 Mixed Berry Crumble</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>10 Strawberry Yogurt Crunchy Granola WG</p> <p>Applesauce 1% & Fat-Free Milk</p>	<p>11 Breakfast Fruit Streusel</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>12 WG Mini Bagel w/ Butter & Jelly</p> <p>Orange Slices 1% & Fat-Free Milk</p>
<p>15 Whole Grain O's Cereal</p> <p>Pears 1% & Fat-Free Milk</p>	<p>16 Apple Cinnamon Bread Pudding</p> <p>Cut Orange Wedges 1% & Fat-Free Milk</p>	<p>17 Toasted English Muffin w/ Butter & Jam</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>18</p>	<p>19</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>29</p>	<p>30</p>			



JUNE ROCKETSHIP

Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Rasta Pasta Saute Tofu (V) Roasted Broccoli Roasted Peppers & Onions* Clementines 1% & Fat-Free Milk	2 Turkey* Chopped Cheese Impossible Chopped Cheese (V) w/ WG Roll Potato Wedges Sautéed Green Beans Bananas 1% & Fat-Free Milk	3 Chicken* Salad Wrap Red Bean Salad (V) Sliced Cucumbers Garden Salad & Tomatoes Pears 1% & Fat-Free Milk	4 Cheese Steak Pita Pizza Crispy Tofu w/ Mixed Peppers (V) Steamed Carrots Green Peas Apples* 1% & Fat-Free Milk	5 BBQ Chicken* Strips BBQ Tofu (V) Cheddar & Jalapeno Corn Bread Baked Beans Roasted Corn Bananas 1% & Fat-Free Milk
8 Cheesy Spaghetti Vegetable Spaghetti (V) Baked Tofu (V) Green Peas & Corn Medley Sautéed Mushrooms* Cut Orange Wedges 1% & Fat-Free Milk	9 Carne Asada Bowl Steamed Edamame & Sautéed Mushrooms* (V) Black Bean Salsa Roasted Peppers & Onions Pineapple 1% & Fat-Free Milk	10 Roasted Turkey* Sandwich Veggie Burger (V) Lettuce* Cucumber & Tomatoes Honeydew 1% & Fat-Free Milk	11 Baked Macaroni & Cheese Vegan Cheese Pasta w/ Tofu (V) Garlic Spinach* Roasted Cherry Tomatoes Pineapple 1% & Fat-Free Milk	12 Grilled Chicken* w/ Caesar Salad Beans w/ Caesar Salad (V) Garlic Bread Carrot Sticks Lettuce* Cut Orange Wedges 1% & Fat-Free Milk
15 Jerk Turkey* Burger Jerk Lentil Burger (V) Kale Slaw Jicama & Shredded Carrots Pineapple 1% & Fat-Free Milk	16 Chicken* Tzatziki Pasta Salad Black Pepper & Dill Mushroom Tofu (V) Cucumber & Tomatoes Spring Mix Salad* Honeydew 1% & Fat-Free Milk	17 Chipotle Beef Tacos Impossible Meat & Mushrooms* (V) Cilantro Rice* Elote Corn Pico de Gallo* Plums 1% & Fat-Free Milk	18	19
22	23	24	25	26
29	30			



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Rasta Pasta Saute Tofu (V) Roasted Broccoli Roasted Peppers & Onions* Clementines 1% & Fat-Free Milk	2 Turkey* Chopped Cheese Impossible Chopped Cheese (V) w/ WG Roll Potato Wedges Sautéed Green Beans Bananas 1% & Fat-Free Milk	3 Chicken* Salad Wrap Red Bean Salad (V) Sliced Cucumbers Garden Salad & Tomatoes Pears 1% & Fat-Free Milk	4 Cheese Steak Pita Pizza Crispy Tofu w/ Mixed Peppers (V) Steamed Carrots Green Peas Apples* 1% & Fat-Free Milk	5 BBQ Chicken* Strips BBQ Tofu (V) Cheddar & Jalapeno Corn Bread Baked Beans Roasted Corn Bananas 1% & Fat-Free Milk
8 Cheesy Spaghetti Vegetable Spaghetti (V) Baked Tofu (V) Green Peas & Corn Medley Sautéed Mushrooms* Cut Orange Wedges 1% & Fat-Free Milk	9 Carne Asada Bowl Steamed Edamame & Sautéed Mushrooms* (V) Black Bean Salsa Roasted Peppers & Onions Pineapple 1% & Fat-Free Milk	10 Roasted Turkey* Sandwich Veggie Burger (V) Lettuce* Cucumber & Tomatoes Honeydew 1% & Fat-Free Milk	11 Baked Macaroni & Cheese Vegan Cheese Pasta w/ Tofu (V) Garlic Spinach* Roasted Cherry Tomatoes Pineapple 1% & Fat-Free Milk	12 Grilled Chicken* w/ Caesar Salad Beans w/ Caesar Salad (V) Garlic Bread Carrot Sticks Lettuce* Cut Orange Wedges 1% & Fat-Free Milk
15 Jerk Turkey* Burger Jerk Lentil Burger (V) Kale Slaw Jicama & Shredded Carrots Pineapple 1% & Fat-Free Milk	16 Chicken* Tzatziki Pasta Salad Black Pepper & Dill Mushroom Tofu (V) Cucumber & Tomatoes Spring Mix Salad* Honeydew 1% & Fat-Free Milk	17 Chipotle Beef Tacos Impossible Meat & Mushrooms* (V) Cilantro Rice* Elote Corn Pico de Gallo* Plums 1% & Fat-Free Milk	18	19
22	23	24	25	26
29	30			



JUNE ROCKETSHIP

Supper Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lemon Herb Chicken Pasta Salad Steamed Carrots Clementines 1% & Fat-Free Milk	2 Corn Salsa w/ Black Beans Tortillas Chips Bananas 1% & Fat-Free Milk	3 Egg Salad Sandwich w/ Side Salad Pears 1% & Fat-Free Milk	4 Chicken Salad w/ Lettuce & Oyster Crackers Apples 1% & Fat-Free Milk	5 Roasted Vegetable Pasta Salad w/ Mozzarella Cheese Bananas 1% & Fat-Free Milk
8 Sweet Chili Chicken Coleslaw Cut Orange Wedges 1% & Fat-Free Milk	9 Black Bean & Corn Salad Tortillas Chips Pineapple 1% & Fat-Free Milk	10 Chicken & Cheese w/ Croutons w/ Garden Salad Honeydew 1% & Fat-Free Milk	11 Caesar Chicken Salad Wrap Carrot Sticks Pineapple 1% & Fat-Free Milk	12 Sweet Chili Pasta Cut Orange Wedges 1% & Fat-Free Milk
15 Chipotle Cowboy Caviar w/ Tortilla Chips Pineapple 1% & Fat-Free Milk	16 Hot Honey Chicken Garden Salad w/ Crouton Honeydew 1% & Fat-Free Milk	17 Chicken Fajita w/ WG Tortilla Mixed Greens Plums 1% & Fat-Free Milk	18	19
22	23	24	25	26
29	30			



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lemon Herb Chicken Pasta Salad Steamed Carrots Clementines 1% & Fat-Free Milk	2 Corn Salsa w/ Black Beans Tortillas Chips Bananas 1% & Fat-Free Milk	3 Egg Salad Sandwich w/ Side Salad Pears 1% & Fat-Free Milk	4 Chicken Salad w/ Lettuce & Oyster Crackers Apples 1% & Fat-Free Milk	5 Roasted Vegetable Pasta Salad w/ Mozzarella Cheese Bananas 1% & Fat-Free Milk
8 Sweet Chili Chicken Coleslaw Cut Orange Wedges 1% & Fat-Free Milk	9 Black Bean & Corn Salad Tortillas Chips Pineapple 1% & Fat-Free Milk	10 Chicken & Cheese w/ Croutons w/ Garden Salad Honeydew 1% & Fat-Free Milk	11 Caesar Chicken Salad Wrap Carrot Sticks Pineapple 1% & Fat-Free Milk	12 Sweet Chili Pasta Cut Orange Wedges 1% & Fat-Free Milk
15 Chipotle Cowboy Caviar w/ Tortilla Chips Pineapple 1% & Fat-Free Milk	16 Hot Honey Chicken Garden Salad w/ Crouton Honeydew 1% & Fat-Free Milk	17 Chicken Fajita w/ WG Tortilla Mixed Greens Plums 1% & Fat-Free Milk	18	19
22	23	24	25	26
29	30			

Menu Name	Date Range	USDA CN #	Calories (kcal)	Saturated Fat (g)	Calories from Fat (g)	Sodium (mg)	Added Sugars (g)	Calories from Ad Fat (g)	Total Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Vitamin D (µg)	Calcium (mg)	Iron (mg)	Phosphorus (mg)	Thiamin (mg)	Vitamin B6 (mg)	Vitamin B12 (mg)	Vitamin E (mg)	Folate (µg)	Vitamin B9 (µg)	Grain Credit	Fruit Credit	Red/Orange Veg	Dark Green Veg	Starchy Veg	Cereals	Beans, Peas, etc	Other Veg Credit	Meat/Meat Altern	Milk Credit	Credit		
[SBP] Monday 06/01/2026 - Break	June 1 - 17, 2026		352.455	7.596	19.397	300.529	0	0	12.784	0	45.734	42.91	3	39.212	18.549	90.167	5.75	0	638.9	0.327	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	2		
1017	89.225	5.73	51.973	69.019	0	0	0	0	9.764	0	28.634	1.565	0	1.086	1.744	94.491	0	0	27.5	0.031	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
1175	102.48	0.5	2.813	102.9	0	0	0	0	0.212	0	17.262	3	12.988	0.325	20.25	5.75	0	0	7.5	0.15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
1151	85.75	0.287	3.012	102.9	0	0	0	0	2.367	0	12.2	12.176	0	12.688	8.223	34.404	0	0	305	0.073	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
[SBP] Tuesday 06/02/2026 - Break			538.03	2.862	4.787	528.86	4	2.974	10.504	0	17.1	83.405	9.34	43.808	29.984	55.929	6.02	0	836.5	14.796	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	3		
1017	89.225	5.73	51.973	69.019	0	0	0	0	9.764	0	28.634	1.565	0	1.086	1.744	94.491	0	0	27.5	0.031	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
1175	102.48	0.5	2.813	102.9	0	0	0	0	0.212	0	17.262	3	12.988	0.325	20.25	5.75	0	0	7.5	0.15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1151	85.75	0.287	3.012	102.9	0	0	0	0	2.367	0	12.2	12.176	0	12.688	8.223	34.404	0	0	305	0.073	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
[SBP] Wednesday 06/03/2026 - Br			638.194	3.784	0.5	334.892	115	4	2.507	13.085	0	20.94	0	98.891	11.43	51.754	100.82	0.038	750.356	2.53	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	3		
1017	89.225	5.73	51.973	69.019	0	0	0	0	9.764	0	28.634	1.565	0	1.086	1.744	94.491	0	0	27.5	0.031	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
1175	102.48	0.5	2.813	102.9	0	0	0	0	0.212	0	17.262	3	12.988	0.325	20.25	5.75	0	0	7.5	0.15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1151	85.75	0.287	3.012	102.9	0	0	0	0	2.367	0	12.2	12.176	0	12.688	8.223	34.404	0	0	305	0.073	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
[SBP] Thursday 06/04/2026 - Brea			730.547	5.982	7.37	851.113	4	2.19	16.128	0.011	53.076	117.206	9.12	66.683	32.528	134.853	11.832	0	717.82	2.703	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	3		
1017	89.225	5.73	51.973	69.019	0	0	0	0	9.764	0	28.634	1.565	0	1.086	1.744	94.491	0	0	27.5	0.031	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1175	102.48	0.5	2.813	102.9	0	0	0	0	0.212	0	17.262	3	12.988	0.325	20.25	5.75	0	0	7.5	0.15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1151	85.75	0.287	3.012	102.9	0	0	0	0	2.367	0	12.2	12.176	0	12.688	8.223	34.404	0	0	305	0.073	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
[SBP] Friday 06/05/2026 - Break			760.349	4.914	5.817	651.76	4	2.104	16.652	0.09	29.1	106.133	11.506	58.744	44.21	177.868	6.813	0	791.065	2.724	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	3		
1017	89.225	5.73	51.973	69.019	0	0	0	0	9.764	0	28.634	1.565	0	1.086	1.744	94.491	0	0	27.5	0.031	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1175	102.48	0.5	2.813	102.9	0	0	0	0	0.212	0	17.262	3	12.988	0.325	20.25	5.75	0	0	7.5	0.15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1151	85.75	0.287	3.012	102.9	0	0	0	0	2.367	0	12.2	12.176	0	12.688	8.223	34.404	0	0	305	0.073	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[SBP] Monday 06/06/2026 - Break			579.27	2.983	4.635	528.62	4	2.762	10.797	0	17.1	93.145	8.536	46.791	30.962	71.541	11.832	0	830.7	14.9	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	3	
1017	89.225	5.73	51.973	69.019	0	0	0	0	9.764	0	28.634	1.565	0	1.086	1.744	94.491	0	0	27.5	0.031	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1175	102.48	0.5	2.813	102.9	0	0	0	0	0.212	0	17.262	3	12.988	0.325	20.25	5.75	0	0	7.5	0.15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1151	85.75	0.287	3.012	102.9	0	0	0	0	2.367	0	12.2	12.176	0	12.688	8.223	34.404	0	0	305	0.073	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[SBP] Tuesday 06/09/2026 - Break			551.172	7.26	11.855	337.083	4	2.903	16.074	0.002	58.925	75.822	9.294	48.607	28.333	146.576	6.114	0.12	633.299	1.491	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	3	
1017	89.225	5.73	51.973	69.019	0	0	0	0	9.764	0	28.634	1.565	0	1.086	1.744	94.491	0	0	27.5	0.031	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1175	102.48	0.5	2.813	102.9	0	0	0	0	0.212	0	17.262	3	12.988	0.325	20.25	5.75	0	0	7.5	0.15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1151	85.75	0.287	3.012	102.9	0	0	0	0	2.367	0	12.2	12.176	0	12.688	8.223	34.404	0	0	305	0.073	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[SBP] Wednesday 06/10/2026 - Br			901.582	5.884	5.874	783.424	5.089	2.258	20.129	0.018	31.8	138.721	13.152	88.07	0	45.498	94.363	8.168	0	1109.573	3.097	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0		
1017	89.225	5.73	51.973	69.019	0	0	0	0	9.764	0	28.634	1.565	0	1.086	1.744	94.491	0	0	27.5	0.031	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1175	102.48	0.5	2.813	102.9	0	0	0	0	0.212	0	17.262	3	12.988	0.325	20.25	5.75	0	0	7.5	0.15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1151	85.75	0.287	3.012	102.9	0	0	0	0	2.367	0	12.2	12.176	0	12.688	8.223	34.404	0	0	305	0.073	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[SBP] Thursday 06/11/2026 - Break			672.145	3.37	4.512	338.120	7.629	4.54	16.414	0.034	17.1	99.933	10.159	67.632	0	30.474	168.093	97.994	0	705.106	1.88	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0		
1017	89.225	5.73	51.973	69.019	0	0	0	0	9.764	0	28.634	1.565	0	1.086	1.744	94.491	0	0	27.5	0.031	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1175	102.48	0.5	2.813	102.9	0	0	0	0	0.212	0	17.262	3	12.988	0.325	20.25	5.75	0	0	7.5	0.15</																				

