

Day 1

Breakfast:

- Toasty O's
- Fresh Fruit
- Milk

Lunch:

- ED Chicken Alfredo
- Pasta
- Roasted Carrots and Green Beans
- Fresh Fruit

Snack:

- Fruit Compote
- Fresh Cut Fruit

Ingredients:

Br: Toasty O's

Ln: Tofutti, soy milk garlic, onion, basil, peas, carrots, salt, pepper, Pasta

Sn: Applesauce, mixed berries, honey, cinnamon, salt

Day 2

Breakfast:

- Bagel w/Jam
- Fresh Fruit
- Milk

Lunch:

- West Indian Potato and Chickpea Curry
- Caribbean Rice
- Peas
- Fresh Fruit

Snack:

- Crunchy Granola
- Fresh Cut Fruit

Ingredients:

Br: WW bagel, jam

Ln: Chickpeas, allspice, celery, onion, vinegar, curry powder, black pepper, garlic, ginger, canola oil, thyme, brown rice, peas, potatoes

Sn: Oats, toasty o's, quinoa, honey, cinnamon, salt,

Day 3

Breakfast:

- ED Morning Glory Muffin
- Fresh Fruit
- Milk

Lunch:

- Ropa Vieja
- Cilantro Rice
- Corn and Tomato Salad
- Fresh Fruit

Snack:

- Red Pepper Hummus and Pita
- Fresh Cut Fruit

Ingredients:

Br: WW flour, carrots, apples, soy milk, baking soda, baking powder, brown sugar

Ln: Beef, tomato, garlic, lime, cilantro, paprika, chili powder, onion, brown rice, corn, tomato, olive oil

Sn: Red Pepper, garbanzo, garlic, cilantro, parsley, lemon juice, gf bread, paprika

Day 4

Breakfast:

- Mixed Berry Soy Yogurt
- Fresh Fruit
- Milk

Lunch:

- Scrambled Tofu
- WW Roll
- Bell Peppers and Tomatoes
- Fresh Fruit

Snack:

- ED Oat Muffin
- Fresh Cut Fruit

Ingredients:

Br: Soy milk, tofu, berries, honey

Ln: tofu, ww roll, bell peppers, potatoes, paprika, chili powder

Sn: WW Flour, oats, soy milk, applesauce sugar, baking soda, baking powder, cinnamon

Day 5

Breakfast:

- ED Berry Waffles
- Fresh Fruit
- Milk

Lunch:

- Chicken and Tomato FlatBread
- WW Focaccia
- Broccoli
- Fresh Fruit

Snack:

- Garlic Toast Sticks
- Fresh Cut Fruit

Ingredients:

Br: WW flour, mixed berries, soy milk, applesauce, baking soda, baking powder, brown sugar

Ln: Tomato, basil, oregano, garlic, salt, pepper, chicken, broccoli, gf bread

Sn: WW bread, garlic, evoo, parsley, salt, pepper

Stuff We Have To Say

- 1 Red Rabbit is a nut free kitchen, but does not guarantee meals to be free of any other allergens. Menu items may contain or come into contact with wheat, eggs, milk, and soy. Please note, ingredients are subject to change due to market availability, and may change without prior notice.
- 2 Depending on your school agreement and federal reimbursements, you may not receive the breakfast or snack items listed above.

- 3 It is the responsibility of the recipient to refrigerate all items. All items should be eaten or frozen within 3 days of receipt.
- 4 Per the USDA guidelines, all meals should only be eaten by students, and should be served with 8 oz of milk.

How To Enjoy

- 1 Please enjoy these meals in the order listed to best preserve freshness—as in, eat "Day 1" first, and so on.
- 2 Heat meals for 2-3 minutes in a microwave or until the internal temperature reaches 165°F.
- 3 Let meals stand for 1 minute before serving.