

Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Rice Chex</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• GF Chicken Alfredo</li> <li>• GF Pasta</li> <li>•Roasted Carrots and Green Beans</li> <li>•Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Fruit Compote</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Rice Chex</p> <p>Ln: Heavy Cream, mozzarella, romano, garlic, onion, basil, peas, carrots, salt, pepper, GF Pasta</p> <p>Sn: Applesauce, mixed berries, honey, cinnamon, salt</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>•GF Bagel w/Jam</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• West Indian Potato and Chickpea Curry</li> <li>• Caribbean Rice</li> <li>• Peas</li> <li>•Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Cheese Cubes</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Gluten free bagel, jam</p> <p>Ln: Chickpeas, allspice, celery, onion, vinegar, curry powder, black pepper, garlic, ginger, canola oil, thyme, brown rice, peas, potatoes</p> <p>Sn: Cheese Cubes</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Morning Glory Muffin</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Ropa Vieja</li> <li>• Cilantro Rice</li> <li>• Corn and Tomato Salad</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Red Pepper Hummus and Pita</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: GF flour, carrots, apples, milk, eggs, baking soda, baking powder, brown sugar</p> <p>Ln: Beef, tomato, garlic, lime, cilantro, paprika, chili powder, onion, brown rice, corn, tomato, olive oil</p> <p>Sn: Red Pepper, garbanzo, garlic, cilantro, parsley, lemon juice, gf bread, paprika</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Mixed Berry Yogurt</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Cheesy Eggs</li> <li>• GF Roll</li> <li>•Bell Peppers and Tomatoes</li> <li>•Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• GF Oat Muffin</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Yogurt, berries, honey</p> <p>Ln: Eggs, cheddar cheese, gf roll, bell peppers, potatoes, paprika, chili powder</p> <p>Sn: gf Flour, oats, eggs, milk, sugar, baking soda, baking powder, cinnamon, cinnamon</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Berry Waffles</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• GF Pizza</li> <li>• GF Bread</li> <li>• Broccoli</li> <li>•Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Garlic Toast Sticks</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: gf flour, mixed berries, milk, eggs, baking soda, baking powder, brown sugar</p> <p>Ln: Tomato, basil, oregano, garlic, salt, pepper, mozzarella cheese, romano cheese, broccoli, gf bread</p> <p>Sn: GF bread, garlic, evoo, parsley, salt, pepper</p>

## 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.