

Day 1

Breakfast:

- Corn Flakes
- Fresh Fruit
- Milk

Lunch:

- Vegetarian Alfredo
- Pasta
- Green Beans and Roasted Carrots
- Fresh Fruit

Snack:

- WW Pretzels
- Fresh Cut Fruit

Ingredients:

Br: Corn Flakes

Ln: Heavy Cream, mozzarella, romano, garlic, onion, basil, pasta, peas, carrots, salt, pepper

Sn: WW flour, salt, butter, brown sugar

Day 2

Breakfast:

- Blu Bagel w/Jam
- Fresh Fruit
- Milk

Lunch:

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

Snack:

- Cheese Cubes
- WW Baguette
- Fresh Cut Fruit

Ingredients:

Br: whole wheat flour, unbleached enriched wheat flour, water, brown sugar, malt syrup, wheat gluten, sea salt, raisin juice concentrate, yeast, malt powder, molasses powder, honey powder, soybean oil, ascorbic acid, enzymes, jam, cinnamon

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

Sn: WW baguette, cheese cubes

Day 3

Breakfast:

- Morning Glory
- Fresh Fruit
- Milk

Lunch:

- Vegetarian 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, milk, eggs, baking soda, baking powder, brown sugar

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

Sn: Red Pepper, garbanzo, garlic, cilantro, parsley, lemon juice, ww pita, paprika

Day 4

Breakfast:

- Mixed Berry Yogurt & Granola
- Fresh Fruit
- Milk

Lunch:

- Cheesy Eggs
- WW Roll
- Bell Peppers and Tomatoes
- Fresh Fruit

Snack:

- Oat Muffin
- Fresh Cut Fruit

Ingredients:

Br: Yogurt, berries, honey, oats, toasty o's, quinoa, cinamon, honey

Ln: Eggs, cheddar cheese, ww roll, bell peppers, potatoes, paprika, chili powder

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

Day 5

Breakfast:

- Berry Waffles
- Fresh Fruit
- Milk

Lunch:

- Pizza
- WW Focaccia
- Broccoli
- Fresh Fruit

Snack:

- Homemade Trail Mix
- Fresh Cut Fruit

Ingredients:

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

Ln: Tomato, basil, oregano, garlic, salt, pepper, mozzarella cheese, romano cheese, broccoli, ww focaccia

Sn: Chex, gold fish, toasty o's, cinnamon

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—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.