

| Day 1   | Day 2   | Day 3  | Day 4 | Day 5 |
|---|---|--|-------|-------|
| <p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Corn Flakes</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• ED Chicken Pesto Pasta</li> <li>• Pasta</li> <li>• Broccoli</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Cranberry Apple Muffin</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Corn Flakes</p> <p>Ln: Chicken, chicken stock, onions, garlic, pasta, broccoli, salt, pepper, olive oil, basil, tofutti</p> <p>Sn: ww flour, applesauce, soy milk, cranberries, apples, baking soda, baking powder, cinnamon, salt, brown sugar</p> | <p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Bagel w/Jam</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Chicken Tikka Masala</li> <li>• Brown Rice</li> <li>• Squash and Lentils</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Berry Applesauce</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>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</p> <p>Ln: Chicken, tomato, tomato paste, lemon juice, turmeric, cilantro, garlic, ginger, pepper, salt, onion, brown rice, squash, lentils</p> <p>Sn: Berries, applesauce, honey</p> | <p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Berry Waffles</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Beef Banh Mi w/pickled carrots</li> <li>• WW Baguette</li> <li>• Homefries</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Tofutti and Jam Sandwich</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: WW flour, berries, applesauce, soy milk, baking soda, baking powder, brown sugar</p> <p>Ln: Beef, carrots, cilantro, rice vinegar, sugar, dill, salt, pepper, ww baguette, potatoes, peppers, onions, ww baguette</p> <p>Sn: WW Roll, Tofutti and Jam</p> |       |       |

## Stuff We Have To Say

- 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.
- Depending on your school agreement and federal reimbursements, you may not receive the breakfast or snack items listed above.
- It is the responsibility of the recipient to refrigerate all items. All items should be eaten or frozen within 3 days of receipt.
- Per the USDA guidelines, all meals should only be eaten by students, and should be served with 8 oz of milk.

## How To Enjoy

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