

Day 1

Breakfast:

- Corn Flakes
- Fresh Fruit

Lunch:

- Jerk Seasoned Chicken
- Jasmine Rice
- Black Eyed Peas and Kidney Beans
- Fresh Fruit

Snack:

- Berry Applesauce
- Fresh Cut Fruit

Ingredients:

Br: Rice Chex

Ln: Chicken, brown sugar, thyme, cinnamon, tomato paste, garlic, mustard, white vinegar, clove, salt, all spice, jalapeno, jasmine rice, black eyed peas, kidney beans

Sn: Berries, applesauce,

Day 2

Breakfast:

- WW Bagel w/Jam
- Fresh Fruit

Lunch:

- Chicken Cacciatore
- Pasta
- Squash and Peas
- Fresh Fruit

Snack:

- ED Cinnamon Strata
- 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

Ln: Chicken, chicken stock, tomatoes, peppers, onions, garlic, pasta

Sn: WW bread, cinnamon, soy milk, maple syrup

Day 3

Breakfast:

- ED Morning Glory Muffin
- Fresh Fruit

Lunch:

- Roast Turkey
- ED Cornbread Stuffing
- Sweet Potatoes & Green Beans Gravy
- Fresh Fruit

Snack:

- WW Garlic Pita Chips
- Fresh Cut Fruit

Ingredients:

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

Ln: Roasted Turkey, sweet potatoes, yellow onions, garlic cloves, paprika, cumin, salt, pepper vegetable oil, potatoes, peppers, onions, paprika, chili powder, green beans, chicken stock, corn meal, apple sauce

Sn: WW pita, garlic, olive oil, parsley, salt, pepper

Day 4

Breakfast:

- Peach Soy Yogurt Parfait
- Fresh Fruit

Lunch:

- Chicken Tagine
- Bulgur Wheat
- Sweet Potatoes and Raisins
- Fresh Fruit

Snack:

- Granola
- Fresh Cut Fruit

Ingredients:

Br: Tofu, soy milk, peaches, honey

Ln: Chicken, allspice, salt, celery, ice, onion, distilled vinegar, curry powder, black pepper, chili powder, garlic, ginger, oil, thyme, bulgur wheat, raisins, sweet potato

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

Day 5

Breakfast:

- ED Berry Waffle
- Fresh Fruit

Lunch:

- Beef and Black Bean Chili
- Tortilla Chips
- Tomato and Corn Salsa
- Fresh Fruit

Snack:

- ED Sweet Potato Muffin
- Fresh Cut Fruit

Ingredients:

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

Ln: Ground beef, black beans, onions, peppers, chili powder, tomatoes, paprika, corn tortilla,

Sn: WW flour, sweet potatoes, soy milk baking soda, baking powder, brown sugar, 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—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.