

Day 1

Breakfast:

- Rice Chex
- Fresh Fruit
- Milk

Lunch:

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

Snack:

- Cheese Cubes
- 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: Mozzarella Cheese

Day 2

Breakfast:

- GF Bagel w/Jam
- Fresh Fruit
- Milk

Lunch:

- Butternut Squash Mac and Cheese
- GF Pasta
- Squash and Peas
- Fresh Fruit

Snack:

- Berry Yogurt
- Fresh Cut Fruit

Ingredients:

Br: GF Bagel, Jam

Ln: GF Pasta, butternut squash, heavy cream, milk, cheddar, ricotta, parmesan, chili powder, paprika

Sn: Berries, yogurt, honey

Day 3

Breakfast:

- GF Morning Glory Muffin
- Fresh Fruit
- Milk

Lunch:

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

Snack:

- GF Garlic Toast Sticks
- Fresh Cut Fruit

Ingredients:

Br: GF flour, apples, carrots, milk, eggs, 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: GF bread, garlic, olive oil, parsley, salt, pepper

Day 4

Breakfast:

- Peach Yogurt Parfait
- Fresh Fruit
- Milk

Lunch:

- Chicken Tagine
- Quinoa
- Sweet Potatoes and Raisins
- Fresh Fruit

Snack:

- GF Cinnamon Toast Sticks
- Fresh Cut Fruit

Ingredients:

Br: Yogurt, peaches, honey

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

Sn: GF Bread, cinnamon, sugar, butter

Day 5

Breakfast:

- GF Berry Waffle
- Fresh Fruit
- Milk

Lunch:

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

Snack:

- GF Sweet Potato Muffin
- Fresh Cut Fruit

Ingredients:

Br: GF flour, berries, milk, eggs, baking soda, baking powder, brown sugar, cinnamon

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

Sn: GF flour, sweet potatoes, milk, eggs, 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—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.