

Day 1	Day 2	Day 3	Day 4	Day 5
<p>Breakfast:</p> <ul style="list-style-type: none"> • Rice Chex • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Jerk Seasoned Chicken • Jasmine Rice • Black Eyed Peas and Kidney Beans • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Cheese Cubes • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Rice Chex</p> <p>Ln: Chicken, brown sugar, thyme, cinnamon, tomato paste, garlic, mustard, white vinegar, clove, salt, all spice, jalapeno, jasmine rice, black eyed peas, kidney beans</p> <p>Sn: Mozzarella Cheese</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • GF Bagel w/Jam • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Butternut Squash Mac and Cheese • GF Pasta • Squash and Peas • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Berry Yogurt • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: GF Bagel, Jam</p> <p>Ln: GF Pasta, butternut squash, heavy cream, milk, cheddar, ricotta, parmesan, chili powder, paprika</p> <p>Sn: Berries, yogurt, honey</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • GF Morning Glory Muffin • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Roast Turkey • GF Cornbread Stuffing • Sweet Potatoes & Green Beans Gravy • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • GF Garlic Toast Sticks • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: GF flour, apples, carrots, milk, eggs, baking soda, baking powder, brown sugar, cinnamon</p> <p>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</p> <p>Sn: GF bread, garlic, olive oil, parsley, salt, pepper</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • Peach Yogurt Parfait • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Chicken Tagine • Quinoa • Sweet Potatoes and Raisins • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • GF Cinnamon Toast Sticks • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Yogurt, peaches, honey</p> <p>Ln: Chicken, allspice, salt, celery, ice, onion, distilled vinegar, curry powder, black pepper, chili powder, garlic, ginger, oil, thyme, Quinoa, raisins, sweet potato</p> <p>Sn: GF Bread, cinnamon, sugar, butter</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • GF Berry Waffle • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Beef and Black Bean Chili • Tortilla Chips • Tomato and Corn Salsa • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • GF Sweet Potato Muffin • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: GF flour, berries, milk, eggs, baking soda, baking powder, brown sugar, cinnamon</p> <p>Ln: Ground beef, black beans, onions, peppers, chili powder, tomatoes, paprika, corn tortilla, cheddar cheese</p> <p>Sn: GF flour, sweet potatoes, milk, eggs, baking soda, baking powder, brown sugar, cinnamon</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—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.