

Day 1

Breakfast:

- Corn Flakes
- Fresh Fruit
- Milk

Lunch:

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

Snack:

- WW Pretzel
- Fresh Cut Fruit

Ingredients:

Br: Corn Flakes

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

Sn: WW Pretzel

* Vegan

Day 2

Breakfast:

- Blueberry Bagel w/Jam
- Fresh Fruit
- Milk

Lunch:

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

Snack:

- Berry Yogurt
- 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: Pasta, butternut squash, heavy cream, milk, cheddar, ricotta, parmesan, chili powder, paprika

Sn: Berries, yogurt, honey

Day 3

Breakfast:

- Morning Glory Muffin
- Fresh Fruit
- Milk

Lunch:

- Black Bean Loaf
- Corn Bread
- Sweet Potatoes & Green Beans
- Vegetarian Gravy
- Fresh Fruit

Snack:

- Trail Mix
- Fresh Cut Fruit

Ingredients:

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

Ln: Chickpeas, black beans, sweet potatoes, yellow onions, garlic cloves, paprika, cumin, salt, pepper vegetable oil, WW bun, potatoes, peppers, onions, paprika, chili powder, green beans, mushrooms, corn meal, apple sauce

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

Day 4

Breakfast:

- Peach Yogurt Parfait
- Fresh Fruit
- Milk

Lunch:

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

Snack:

- Cheddar Cheese Cubes and Baguette
- Fresh Cut Fruit

Ingredients:

Br: Yogurt, peaches, honey

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

Sn: Cheddar Cheese, WW baguette

*Vegan

Day 5

Breakfast:

- Berry Waffle
- Fresh Fruit
- Milk

Lunch:

- Grilled Cheese
- WW Bun
- Homefries
- Fresh Fruit

Snack:

- Sweet Potato Muffin
- Fresh Cut Fruit

Ingredients:

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

Ln: WW bun, cheddar cheese, potatoes, paprika, chili powder, bell peppers, onion

Sn: WW 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—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.