

Day 1

Breakfast:

- Corn Flakes
- Fresh Fruit

Lunch:

- ED Chicken Pesto Pasta
- Pasta
- Broccoli
- Fresh Fruit

Snack:

- ED Cranberry Apple Muffin
- Fresh Cut Fruit

Ingredients:

Br: Corn Flakes

Ln: Chicken, chicken stock, onions, garlic, pasta, broccoli, salt, pepper, olive oil, basil, tofutti

Sn: ww flour, applesauce, soy milk, cranberries, apples, baking soda, baking powder, cinnamon, salt, brown sugar

Day 2

Breakfast:

- Bagel w/Jam
- Fresh Fruit

Lunch:

- Chicken Tikka Masala
- Brown Rice
- Squash and Lentils
- Fresh Fruit

Snack:

- Berry Applesauce
- 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, cinnamon

Ln: Chicken, tomato, tomato paste, lemon juice, turmeric, cilantro, garlic, ginger, pepper, salt, onion, brown rice, squash, lentils

Sn: Berries, applesauce, honey

Day 3

Breakfast:

- ED Berry Waffles
- Fresh Fruit

Lunch:

- Beef Banh Mi w/pickled carrots
- WW Baguette
- Homefries
- Fresh Fruit

Snack:

- Tofutti and Jam Sandwich
- Fresh Cut Fruit

Ingredients:

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

Ln: Beef, carrots, cilantro, rice vinegar, sugar, dill, salt, pepper, ww baguette, potatoes, peppers, onions, ww baguette

Sn: WW Roll, Tofutti and Jam

Day 4

Breakfast:

- ED Banana Muffins
- Fresh Fruit

Lunch:

- ED Chicken Rasta Pasta
- Pasta
- Bell Peppers and Tomatoes
- Fresh Fruit

Snack:

- ED Strawberry Oat Bites
- Fresh Cut Fruit

Ingredients:

Br: WW flour, bananas, applesauce, soy milk, baking soda, baking powder, brown sugar

Ln: Soy milk, tofu, tofutti, garlic, onion, basil, all spice, clove, ancho chili powder, clove, pasta, bell peppers, tomatoes, chicken

Sn: WW Flour, strawberries, oats, soy milk sugar, baking soda, baking powder, cinnamon

Day 5

Breakfast:

- Soy Berry Yogurt and Granola
- Fresh Fruit

Lunch:

- Turkey Cubano
- Baguette
- Peas and Carrots
- Fresh Fruit

Snack:

- Black Bean Dip and Tortilla Chips
- Fresh Cut Fruit

Ingredients:

Br: Tofu, soy milk, berries, honey, toasty o's, quinoa, cinamon, honey

Ln: Turkey,, mustard, pickles,peas, carrots, ww baguette

Sn: Black beans, cumin, garlic, lime, cilantro, corn tortilla chips

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.