

## Day 1

### Breakfast:

- Toasty O's
- Fresh Fruit
- Milk

### Lunch:

- ED Chicken Alfredo
- Pasta
- Roasted Carrots and Green Beans
- Fresh Fruit

### Snack:

- Fruit Compote
- Fresh Cut Fruit

### Ingredients:

Br: Toasty O's

Ln: Tofutti, soy milk garlic, onion, basil, peas, carrots, salt, pepper, Pasta

Sn: Applesauce, mixed berries, honey, cinnamon, salt

## Day 2

### Breakfast:

- Bagel w/Jam
- Fresh Fruit
- Milk

### Lunch:

- West Indian Potato and Chickpea Curry
- Caribbean Rice
- Peas
- Fresh Fruit

### Snack:

- Crunchy Granola
- Fresh Cut Fruit

### Ingredients:

Br: WW bagel, jam

Ln: Chickpeas, allspice, celery, onion, vinegar, curry powder, black pepper, garlic, ginger, canola oil, thyme, brown rice, peas, potatoes

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

## Day 3

### Breakfast:

- ED Morning Glory Muffin
- Fresh Fruit
- Milk

### Lunch:

- Ropa Vieja
- Cilantro Rice
- Corn and Tomato Salad
- Fresh Fruit

### Snack:

- Red Pepper Hummus and Pita
- Fresh Cut Fruit

### Ingredients:

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

Ln: Beef, tomato, garlic, lime, cilantro, paprika, chili powder, onion, brown rice, corn, tomato, olive oil

Sn: Red Pepper, garbanzo, garlic, cilantro, parsley, lemon juice, gf bread, paprika

## Day 4

### Breakfast:

- Mixed Berry Soy Yogurt
- Fresh Fruit
- Milk

### Lunch:

- Scrambled Tofu
- WW Roll
- Bell Peppers and Tomatoes
- Fresh Fruit

### Snack:

- ED Oat Muffin
- Fresh Cut Fruit

### Ingredients:

Br: Soy milk, tofu, berries, honey

Ln: tofu, ww roll, bell peppers, potatoes, paprika, chili powder

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

## Day 5

## 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.