

Day 1

Breakfast:

- Rice Chex
- Fresh Fruit
- Milk

Lunch:

- Pineapple Chicken
- GF Pasta
- Peas and Corn
- Fresh Fruit

Snack:

- Cucumber Slices and Green Goddess Dressing
- Fresh Cut Fruit

Ingredients:

Br: Rice Chex

Ln: Chicken, pineapple, chicken stock, onion, garlic, parsley, extra virgin olive oil, peas, corn, parmesan, GF pasta

Sn: cucumbers, garlic, parsley, basil, oregano, lemon juice, paprika, chili powder, olive oil

Day 2

Breakfast:

- GF Cinnamon Oat Roll
- Fresh Fruit
- Milk

Lunch:

- Pollo Guisado
- Cilantro Rice
- Peppers and Onions
- Fresh Fruit

Snack:

- Cheese Cubes
- Fresh Cut Fruit

Ingredients:

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

Ln: Chicken, canola oil, salt, black pepper, cumin, paprika, chili powder, tomato paste, cilantro, garlic, bell peppers, onion, white vinegar, brown rice, onions

Sn: Cheese Cubes

Day 3

Breakfast:

- GF Corn Bread
- Fresh Fruit
- Milk

Lunch:

- Turkey Sloppy Joe
- GF Roll
- Corn
- Fresh Fruit

Snack:

- Cream Cheese and Jam Sandwich on GF bread
- Fresh Cut Fruit

Ingredients:

Br: Corn meal, corn flour, baking soda, baking powder, butter, milk, black pepper

Ln: Ground turkey, tomato, garlic, basil, oregano, onion, GF roll, corn

Sn: Cream Cheese

Day 4

Breakfast:

- GF Bagel w/Jam
- Fresh Fruit
- Milk

Lunch:

- Eggplant Relish & Chicken Sandwich
- GF Roll
- Roasted Vegetables
- Fresh Fruit

Snack:

- GF Banana Bread
- Fresh Cut Fruit

Ingredients:

Br: GF Bagel, Jam

Ln: Eggplant, garlic, olive oil, basil, chicken, GF roll

Sn: GF Flour, banana, milk, eggs, baking powder, baking soda, brown sugar

Day 5

Breakfast:

- Berry Yogurt
- Fresh Fruit
- Milk

Lunch:

- Cheesy Pesto Chicken
- GF Pasta
- Green Beans & Tomatoes
- Fresh Fruit

Snack:

- Banana Applesauce
- Fresh Cut Fruit

Ingredients:

Br: Yogurt, mixed berries, honey

Ln: Chicken, basil, parmesan, garlic, parsley, olive oil, GF pasta, mozzarella, green beans, tomatoes

Sn: Applesauce, banana, honey

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.