

## Day 1

### Breakfast:

- Rice Chex
- Fresh Fruit
- Milk

### Lunch:

- 3 Cheese Rigatoni
- GF Pasta
- Broccoli
- Fresh Fruit

### Snack:

- GF Cranberry Apple Muffin
- Fresh Cut Fruit

### Ingredients:

Br: Rice Chex

Ln: Tomato Sauce, basil, oregano, garlic, ricotta, pecorino, mozzarella, olive oil, broccoli, salt, pepper GF Pasta

Sn: GF flour, eggs, milk, cranberries, apples, baking soda, baking powder, cinnamon, salt, brown sugar

## Day 2

### Breakfast:

- GF Bagel w/Jam
- Fresh Fruit
- Milk

### Lunch:

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

### Snack:

- Berry Applesauce
- Fresh Cut Fruit

### Ingredients:

Br: Gluten free bagel, jam

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

Sn: Berries, applesauce, honey

## Day 3

### Breakfast:

- GF Berry Waffles
- Fresh Fruit
- Milk

### Lunch:

- Beef Banh Mi w/pickled carrots
- GF Bun
- Homefries
- Fresh Fruit

### Snack:

- GF Cream Cheese and Jam Sandwich
- Fresh Cut Fruit

### Ingredients:

Br: GF flour, berries, milk, eggs, baking soda, baking powder, brown sugar

Ln: Beef, carrots, cilantro, rice vinegar, sugar, dill, salt, pepper, gf bun, potatoes, peppers, onions

Sn: GfF bread, cream cheese, jam

## Day 4

### Breakfast:

- GF Banana Muffins
- Fresh Fruit
- Milk

### Lunch:

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

### Snack:

- GF Strawberry Oat Bites
- Fresh Cut Fruit

### Ingredients:

Br: GF flour, bananas, milk, eggs, baking soda, baking powder, brown sugar

Ln: heavy cream, garlic, onion, mozzarella, basil, romano, all spice, clove, ancho chili powder, clove, GF pasta, bell peppers, tomatoes, chicken

Sn: GF Flour, strawberries, oats, eggs, milk, sugar, baking soda, baking powder, cinnamon

## Day 5

### Breakfast:

- Berry Yogurt
- Fresh Fruit
- Milk

### Lunch:

- Turkey Cubano
- GF Bread
- Peas and Carrots
- Fresh Fruit

### Snack:

- Black Bean Dip and Tortilla Chips
- Fresh Cut Fruit

### Ingredients:

Br: Yogurt, berries, honey

Ln: Turkey, mustard, pickles, swiss cheese, mayonnaise, peas, carrots, GF bread

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—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.