

## Day 1

### Breakfast:

- Corn Flakes
- Fresh Fruit
- Milk

### Lunch:

- 3 Cheese Rigatoni
- Pasta
- Broccoli
- Fresh Fruit

### Snack:

- Cranberry Apple Muffin
- Fresh Cut Fruit

### Ingredients:

Br: Corn Flakes

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

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

## Day 2

### Breakfast:

- Blueberry Bagel w/Jam
- Fresh Fruit
- Milk

### Lunch:

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

### Snack:

- Italian Herb Bites
- 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: Chickpeas, heavy cream, tomato, tomato paste, lemon juice, turmeric, cilantro, garlic, ginger, pepper, salt, onion, brown rice, squash, lentils

Sn: WW flour, baking soda, baking powder, mozzarella, parsley, garlic, yeast

## Day 3

### Breakfast:

- Berry Waffles
- Fresh Fruit
- Milk

### Lunch:

- Vegetarian Rasta Pasta
- Pasta
- Bell Peppers and Tomatoes
- Fresh Fruit

### Snack:

- Garlic Cheese Baguette
- Fresh Cut Fruit

### Ingredients:

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

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

Sn: WW baguette, mozzarella, garlic, olive oil

## Day 4

### Breakfast:

- Cinnamon Strata
- Fresh Fruit
- Milk

### Lunch:

- Veggie Burger
- WW Bun
- Homefries
- Fresh Fruit

### Snack:

- Strawberry Oat Bites
- Fresh Cut Fruit

### Ingredients:

Br: WW bread, cinamon, eggs, milk, cinamon, maple, sugar, heavy cream

Ln: Chickpeas, black beans, sweet potatoes, yellow onions, garlic cloves, paprika, cumin, salt, pepper vegetable oil, WW bun, potatoes, peppers, onions, paprika, chili powder

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

## Day 5

### Breakfast:

- Berry Yogurt w/Granola
- Fresh Fruit
- Milk

### Lunch:

- Vegetarian Cubano
- WW Baguette
- Peas and Carrots
- Fresh Fruit

### Snack:

- Cheese Cubes w/Baguette
- Fresh Cut Fruit

### Ingredients:

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

Ln: Sweet Potato, mushrooms, mustard, pickles, swiss cheese, mayonnaise, peas, carrots, ww baguette

Sn: Cheese, ww baguette

## 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.