

Day 1

Breakfast:

- Corn Flakes
- Fresh Fruit
- Milk

Lunch:

- Teriyaki Tofu
- Pasta
- Peas and Corn
- Fresh Fruit

Snack:

- Banana Bread
- Fresh Cut Fruit

Ingredients:

Br: Corn Flakes

Ln: Heavy Cream, mozzarella, romano, garlic, onion, basil, pasta, peas, carrots, salt, pepper

Sn: WW flour, bananas, milk, eggs, baking soda, baking powder, brown sugar, cinnamon, nutmeg

Day 2

Breakfast:

- WW Raisin Roll w/Jam
- Fresh Fruit
- Milk

Lunch:

- Black Beans Guisado
- Cilantro Rice
- Peppers and Onions
- Fresh Fruit

Snack:

- WW Pretzel
- Fresh Cut Fruit

Ingredients:

Br: WW flour, yeast, sugar, salt, raisins, ap flour

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

Sn: WW Pretzels

Day 3

Breakfast:

- Cinnamon Oat Muffin
- Fresh Fruit
- Milk

Lunch:

- Mushroom and Garbanzo Sloppy Joe
- WW Roll
- Corn
- Fresh Fruit

Snack:

- Cheese Cubes and WW Baguette
- Fresh Cut Fruit

Ingredients:

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

Ln: Mushroom, garbanzo, tomato, garlic, basil, oregano, onion, ww roll, corn

Sn: Mozzarella cheese, ww baguette

Day 4

Breakfast:

- WW Bagel w/Butter
- Fresh Fruit
- Milk

Lunch:

- Cheesy Pesto Pasta
- Pasta
- Green Beans and Tomatoes
- Fresh Fruit

Snack:

- Trail Mix
- 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, cinnamon, butter

Ln: Mozzarella, romano, basil, extra virgin olive oil, garlic, salt, black pepper, pasta, green beans, tomatoes

Sn: Toasty o's, rice chex, goldfish, honey, cinnamon, nutmeg

Day 5

Breakfast:

- Berry Yogurt & Granola
- Fresh Fruit
- Milk

Lunch:

- Eggplant Parm
- WW Focaccia
- Toasted Vegetables
- Fresh Fruit

Snack:

- Banana Applesauce
- Fresh Cut Fruit

Ingredients:

Br: Yogurt, mixed berries, oats, honey, cinnamon, nutmeg, quinoa

Ln: Tomato, basil, oregano, garlic, salt, pepper, mozzarella cheese, romano cheese, eggplant, ww focaccia, broccoli, carrots,

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.