

Day 1	Day 2	Day 3	Day 4	
<p>Breakfast:</p> <ul style="list-style-type: none"> • Corn Flakes • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Vegetarian Alfredo • Pasta • Green Beans and Roasted Carrots • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • WW Pretzels • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Corn Flakes</p> <p>Ln: Heavy Cream, mozzarella, romano, garlic, onion, basil, pasta, peas, carrots, salt, pepper</p> <p>Sn: WW flour, salt, butter, brown sugar</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • Blu Bagel w/Jam • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • West Indian Potato and Chickpea Curry • Caribbean Rice • Peas • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Cheese Cubes • WW Baguette • Fresh Cut Fruit <p>Ingredients:</p> <p>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</p> <p>Ln: Chickpeas, allspice, celery, onion, vinegar, curry powder, black pepper, garlic, ginger, canola oil, thyme, brown rice, peas, potatoes</p> <p>Sn: WW baguette, cheese cubes</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • Morning Glory • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Vegetarian Ropa Vieja • Cilantro Rice • Corn and Tomato Salad • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Red Pepper Hummus and Pita • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: WW flour, carrots, apples, milk, eggs, baking soda, baking powder, brown sugar</p> <p>Ln: Chickpeas, tomato, garlic, lime, cilantro, paprika, chili powder, onion, brown rice, corn, tomato, olive oil</p> <p>Sn: Red Pepper, garbanzo, garlic, cilantro, parsley, lemon juice, ww pita, paprika</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • Mixed Berry Yogurt & Granola • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Cheesy Eggs • WW Roll • Bell Peppers and Tomatoes • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Oat Muffin • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Yogurt, berries, honey, oats, toasty o's, quinoa, cinamon, honey</p> <p>Ln: Eggs, cheddar cheese, ww roll, bell peppers, potatoes, paprika, chili powder</p> <p>Sn: WW Flour, oats, eggs, milk, sugar, baking soda, baking powder, cinnamon</p>	

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.