

Day 1

Breakfast:

- Toasty O's
- Fresh Fruit

Lunch:

- Beef Bolognese
- GF Pasta
- Green Beans and Carrots
- Fresh Fruit

Snack:

- Gf Banana Bread
- Fresh Cut Fruit

Ingredients:

Br: Toasty O's

Ln: Ground Beef, tomato, onion, garlic, oregano, basil, olive oil, pasta, green beans, carrots,

Sn: WW flour, bananas, soy milk, apple sauce cinnamon, brown sugar, baking soda, baking powder

Day 2

Breakfast:

- Bagel/Jam
- Fresh Fruit

Lunch:

- Pollo Guisado
- Cilantro Rice
- Mixed Beans
- Fresh Fruit

Snack:

- Soy Fruit Yogurt
- 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, Jam

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

Sn: Soymilk, tofu, honey, berries, cinnamon

Day 3

Breakfast:

- ED Cinnamon Oat Muffin
- Fresh Fruit

Lunch:

- Crispy Chicken
- Maple ED Waffles
- Chow Chow
- Fresh Fruit

Snack:

- Red Pepper Hummus & Pita
- Fresh Cut Fruit

Ingredients:

Br: WW flour, oats, soy milk, applesauce cinnamon, brown sugar, baking soda, baking powder

Ln: Bread Crumbs, soy yogurt, chicken, GF flour, maple, soy milk, cinnamon, brown sugar, tomatoes, cabbage, vinegar, onion

Sn: Roasted red peppers, garbanzo, garlic, lemon juice, olive oil, cilantro, parsley, salt, black pepper, corn chips

Day 4

Breakfast:

- Bagel w/Jam
- Fresh Fruit

Lunch:

- Bbq Turkey Sloppy Joe
- WW Roll
- Corn
- Fresh Fruit

Snack:

- Tofutti and Jam sandwich
- 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, Jam

Ln: Tomato, garlic, mustard, vinegar, liquid smoke, onion, paprika, chili powder, ground turkey

Sn: Tofutti, jam, ww baguette

Day 5

Breakfast:

- Corn Bread Muffin
- Fresh Fruit

Lunch:

- Eggplant Relish and Chicken Sandwich
- WW Baguette
- Roasted Vegetables
- Fresh Fruit

Snack:

- Banana Applesauce
- Fresh Cut Fruit

Ingredients:

Br: Cornmeal, ap flour, baking soda, baking powder, salt, pepper, soy milk, apple sauce

Ln: Eggplant, chicken, garlic, onions, parsley, basil, tomato, chicken, ww baguette

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.