

Day 1

Breakfast:

- Toasty O's
- Fresh Fruit

Lunch:

- ED Chicken Alfredo
- Pasta
- Roasted Carrots and Green Beans
- Fresh Fruit

Snack:

- ED Oat Bread
- Fresh Cut Fruit

Ingredients:

Br: Toasty O's

Ln: Tofutti, soy milk, garlic, onion, basil, peas, carrots, salt, pepper, Pasta

Sn: WW flour, soy milk, applesauce, baking powder, baking soda, cinnamon

Day 2

Breakfast:

- ED Cornbread
- Fresh Fruit

Lunch:

- Pineapple Chicken
- Jasmine Rice
- Carrots and Bok Choy
- Fresh Fruit

Snack:

- Tofutti and Jam Sandwiches
- Fresh Cut Fruit

Ingredients:

Br: WW flour, cornmeal, applesauce, soy milk, baking powder, baking soda, salt

Ln: Pineapple, chicken, onion, ginger, garlic, rice wine vinegar, honey, soy sauce, canola oil, ap flour, jasmine rice, carrots, bok choy

Sn: Tofutti, jam, ww flour

Day 3

Breakfast:

- ED Morning Glory Muffin
- Fresh Fruit

Lunch:

- Scrambled Tofu
- WW Roll
- Bell Peppers and Tomatoes
- Fresh Fruit

Snack:

- Red Pepper Hummus and Pita
- Fresh Cut Fruit

Ingredients:

Br: WW flour, carrots, apples, soy milk, baking soda, baking powder, brown sugar

Ln: Beef, tomato, garlic, lime, cilantro, paprika, chili powder, onion, brown rice, corn, tomato, olive oil

Sn: Red Pepper, garbanzo, garlic, cilantro, parsley, lemon juice, gf bread, paprika

tofu, ww roll, bell peppers, potatoes, paprika, chili powder

Day 4

Breakfast:

- Mixed Berry Soy Yogurt
- Fresh Fruit

Lunch:

- Ropa Vieja
- Cilantro Rice
- Corn and Tomato Salad
- Fresh Fruit

Snack:

- ED Pumpkin Muffin
- Fresh Cut Fruit

Ingredients:

Br: Soy milk, tofu, berries, honey

Ln: Beef, tomato, garlic, lime, cilantro, paprika, chili powder, onion, brown rice, corn, tomato, olive oil

Sn: WW Flour, pumpkin, soy milk, applesauce sugar, baking soda, baking powder, cinnamon

Day 5

Breakfast:

- ED Berry Waffles
- Fresh Fruit

Lunch:

- Chicken and Tomato FlatBread
- WW Focaccia
- Broccoli
- Fresh Fruit

Snack:

- Garlic Toast Sticks
- Fresh Cut Fruit

Ingredients:

Br: WW flour, mixed berries, soy milk, applesauce, baking soda, baking powder, brown sugar

Ln: Tomato, basil, oregano, garlic, salt, pepper, chicken, broccoli, gf bread

Sn: WW bread, garlic, evoo, parsley, salt, pepper

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.