

## Day 1

### Breakfast:

- Corn Flakes
- Fresh Fruit

### Lunch:

- Jerk Seasoned Chicken
- Jasmine Rice
- Black Eyed Peas and Kidney Beans
- Fresh Fruit

### Snack:

- ED Peach Muffin
- Fresh Cut Fruit

### Ingredients:

Br: Rice Chex

Ln: Chicken, brown sugar, thyme, cinnamon, tomato paste, garlic, mustard, white vinegar, clove, salt, all spice, jalapeno, jasmine rice, black eyed peas, kidney beans

Sn: : Ww flour, peaches, brown sugar, baking soda, baking powder, soymilk, applesauce

## Day 2

### Breakfast:

- ED Pumpkin Bread
- Fresh Fruit

### Lunch:

- ED Mac and Cheese
- Pasta
- Roasted Vegetables
- Fresh Fruit

### Snack:

- ED Pizza 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

Ln: Chicken, chicken stock, tomatoes, peppers, onions, garlic, pasta

Sn: WW bread, tomato, garlic, onion, basil, oregano, parsley

## Day 3

### Breakfast:

- ED Morning Glory Muffin
- Fresh Fruit

### Lunch:

- ED Meatballs
- Ww Roll
- Broccoli
- Fresh Fruit

### Snack:

- Green Goddess/Celery & Carrot
- Fresh Cut Fruit

### Ingredients:

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

Ln: Ground Beef, onions, garlic, breadcrumbs, soymilk, parsley

Sn: Olive Oil, parsley, garlic, olive oil, celery, carrots

## Day 4

### Breakfast:

- ED Carrot Bread
- Fresh Fruit

### Lunch:

- Ed Pesto Chicken
- Pasta
- Zucchini and Tomatoes
- Fresh Fruit

### Snack:

- Tofutti and Jam Sandwich
- Fresh Cut Fruit

### Ingredients:

Br: Ww flour, carrots, soy milk, applesauce, baking powder, baking soda, cinnamon,

Ln: Chicken, basil, tofutti, soy milk parsley, garlic, olive oil, salt, pepper, pasta

Sn: Tofutti, jam, ww roll

## Day 5

### Breakfast:

- ED Berry Waffle
- Fresh Fruit

### Lunch:

- ED Turkey Cubano
- Ww Baguette
- Three Bean Salad
- Fresh Fruit

### Snack:

- ED Sweet Potato Muffin
- Fresh Cut Fruit

### Ingredients:

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

Ln: Turkey, mustard, pickles, Ww bun, black, kidney, garbanzo beans, cilantro, lime, olive oil

Sn: WW flour, sweet potatoes, soy milk baking soda, baking powder, brown sugar, cinnamon

## 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.