

Day 1

Breakfast:

- Rice Chex
- Fresh Fruit
- Milk

Lunch:

- 3 Cheese Rigatoni
- GF Pasta
- Broccoli
- Fresh Fruit

Snack:

- GF Cranberry Apple Muffin
- Fresh Cut Fruit

Ingredients:

Br: Rice Chex

Ln: Tomato Sauce, basil, oregano, garlic, ricotta, pecorino, mozzarella, olive oil, broccoli, salt, pepper GF Pasta

Sn: GF flour, eggs, milk, cranberries, apples, baking soda, baking powder, cinnamon, salt, brown sugar

Day 2

Breakfast:

- GF Tomato Corn Bread
- Fresh Fruit
- Milk

Lunch:

- Bbq Turkey
- Brown Rice
- Kale and Spinach
- Fresh Fruit

Snack:

- GF Strawberry Oat Bites
- Fresh Cut Fruit

Ingredients:

Br: Corn meal, gf flour, tomato, butter, buttermilk, baking soda, baking powder, sugar, salt, black pepper

Ln: Turkey, tomato, garlic, onion, mustard, chili powder, paprika, salt, black pepper, kale, spinach, brown rice

Sn: Strawberries, gf flour, brown sugar, eggs, milk, baking soda, baking powder, cinnamon, nutmeg

Day 3

Breakfast:

- GF Morning Glory Muffin
- Fresh Fruit
- Milk

Lunch:

- GF Chicken Parmesan
- GF Garlic Sticks
- Mixed Vegetables
- Fresh Fruit

Snack:

- Cinnamon Corn Chips
- Fresh Cut Fruit

Ingredients:

Br: GF flour, berries, milk, eggs, baking soda, baking powder, brown sugar

Ln: GF breadcrumbs, chicken, tomato, oregano, egg, milk, salt, basil, pepper, evoo, garlic, onion, gf bread, parsley

Sn: Corn Chips, cinnamon

Day 4

Breakfast:

- GF Banana Muffins
- Fresh Fruit
- Milk

Lunch:

- Chicken Rasta Pasta
- GF Pasta
- Bell Peppers and Tomatoes
- Fresh Fruit

Snack:

- GF Corn Muffin
- Fresh Cut Fruit

Ingredients:

Br: Yogurt, berries, honey

Ln: Heavy cream, garlic, onion, mozzarella, basil, romano, all spice, clove, ancho chili powder, clove, pasta, bell peppers, tomatoes, chicken

Sn: Corn meal, gf flour, butter, buttermilk, baking soda, baking powder, sugar, salt, black pepper

Day 5

Breakfast:

- Berry Waffles
- Fresh Fruit
- Milk

Lunch:

- Chopped Cheese
- GF Bun
- Homefries
- Fresh Fruit

Snack:

- Cheese Cubes & Gf Baguette
- Fresh Cut Fruit

Ingredients:

Br: GF flour, berries, milk, eggs, brown sugar, cinnamon, salt, baking soda, baking powder

Ln: Ground Beef, onions, heavy cream, ricotta, cheddar, pecorino, paprika, chili powder, Gf Bun

Sn: Cheese, Gf baguette

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.