

Day 1

Breakfast:

- Rice Chex
- Fresh Fruit
- Milk

Lunch:

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

Snack:

- GF Oat Bread
- Fresh Cut Fruit

Ingredients:

Br: Rice Chex

Ln: Heavy Cream, mozzarella, romano, garlic, onion, basil, peas, carrots, salt, pepper, GF Pasta

Sn: GF flour, oats, milk, eggs, honey, cinnamon, baking powder, baking soda, brown sugar, salt

Day 2

Breakfast:

- GF Cornbread
- Fresh Fruit
- Milk

Lunch:

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

Snack:

- Cheese Cubes and GF Baguette
- Fresh Cut Fruit

Ingredients:

Br: Gf flour, cornmeal, milk, butter, baking powder, baking soda, salt

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

Sn: Cheese Cubes and GF baguette

Day 3

Breakfast:

- GF Morning Glory Muffin
- Fresh Fruit
- Milk

Lunch:

- Cheesy Eggs
- GF Roll
- Bell Peppers and Tomatoes
- Fresh Fruit

Snack:

- Red Pepper Hummus and Corn Tortilla
- Fresh Cut Fruit

Ingredients:

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

Ln: Eggs, cheddar cheese, gf roll, bell peppers, potatoes, paprika, chili powder

Sn: Red Pepper, garbanzo, garlic, cilantro, parsley, lemon juice, corn tortilla, paprika

Day 4

Breakfast:

- Mixed Berry Yogurt
- Fresh Fruit
- Milk

Lunch:

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

Snack:

- GF Pumpkin Muffin
- Fresh Cut Fruit

Ingredients:

Br: Yogurt, berries, honey

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

Sn: Pumpkin, GF flour, eggs, milk, cinnamon, brown sugar, maple, baking soda, baking powder

Day 5

Breakfast:

- GF Berry Waffles
- Fresh Fruit
- Milk

Lunch:

- GF Pizza
- GF Bread
- Broccoli
- Fresh Fruit

Snack:

- Cinnamon Corn Chips
- Fresh Cut Fruit

Ingredients:

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

Ln: Tomato, basil, oregano, garlic, salt, pepper, mozzarella cheese, romano cheese, broccoli, gf bread

Sn: corn tortilla, cinnamon sugar

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.